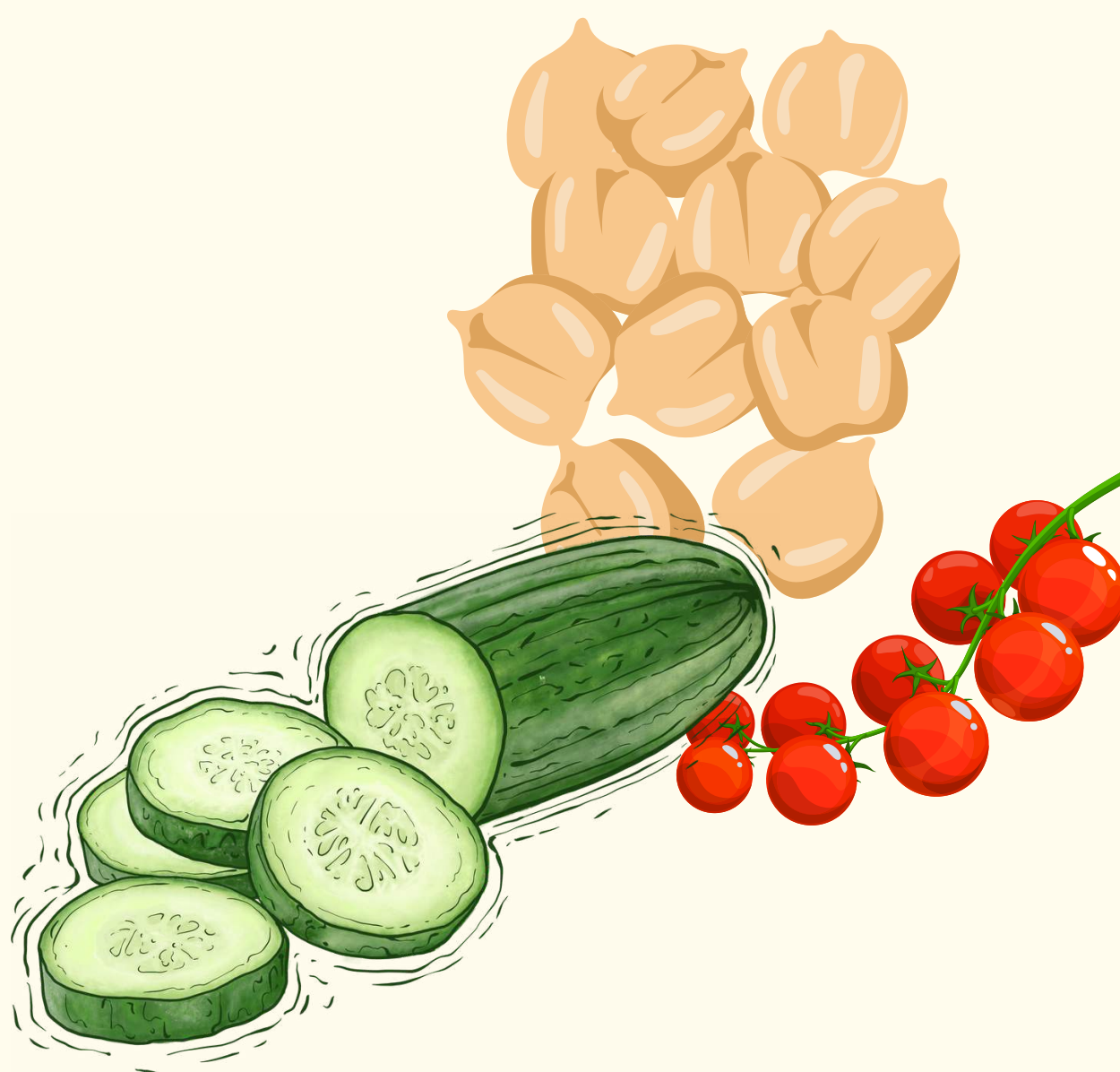


Roasted Vegetable Medley

Ingredients:

- 2 zucchinis, chopped
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 2 carrots, sliced
- 1 cup mushrooms, halved
- 1 red onion, chopped
- 3 tbsp olive oil
- 1 tsp fresh rosemary or thyme
- Salt & pepper



Instructions:

- Preheat oven to 425°F (220°C).
- Toss all veggies with olive oil, herbs, salt, and pepper.
- Spread on baking sheet.
- Roast 20–25 minutes, stirring halfway, until tender and caramelized.
- Serve as a side dish or mix into grain bowls.