

Oven-Roasted Vegetables

This oven-roasted vegetable recipe will quickly become a favorite and is a simple one-pan main or side dish!

This recipe calls for readily available veggies, but you can add any vegetables of your choice! Its simple ingredients make it easily fit into specialty diets including: vegetarian, vegan, gluten-free, keto, paleo, Whole-30 etc.

Prep: 10 min | Bake: 30-45 min* | TOTAL: 40-55 min
4 - 6 servings

Ingredients

- 2 -3 Golden or Red Potatoes, Chopped Into Large Cubes
- 1 Bag (~1 lb) of Brussel Sprouts, Halved
- 1 Sweet Potato, Chopped Into Large Cubes
- 1 Onion, Chopped Into Large Chunks
- 1/2 Package of Baby Carrots (or 2 Large Carrots, Cut Into Chunks)
- 1 Package Fresh Mushrooms, Halved or Quartered
- 2-3 TBSP of Olive Oil
- 1 TBSP ***Wild Persimmon Herbed Salt No. 1***

Instructions

Preheat the oven to 425* F. Line baking pan with parchment paper or foil.
Drizzle approximately 1 tsp olive oil on paper or foil and spread with basting brush or hands.

Add chopped veggies to pan, drizzle remaining oil and Herbed Salt No. 1 onto veggies and toss with hands or spatula.

Roast uncovered for about 20 min, turn veggies with spatula and roast the other side for the remaining 10-20 minutes, or until potatoes become tender. Serve hot. - Enjoy!

*Roasting length will depend on the moisture in your vegetables and how thick they are in the pan. If the pan gets too full, make two pans!

Some veggies should get browned and crisp on the edges, while others will get a little browned where they were touching the pan. Browning the vegetables is a process that caramelizes the natural sugars and brings out a deliciously warm flavor that is accented beautifully by Herbed Salt No. 1!