



Even though subjecting vegetables to intense heat can alter their nutritional profile and may compromise some nutrients, it can boost others. And they're still veggies at heart: filling, full of fiber, low in calories and rich in minerals.

specificwellness.com

VEG OUT

Roasted Vegetables with Tzatziki Sauce and Almonds

Broccoli, broken into bite sized pieces
Carrots, sliced or shredded
Red Peppers, sliced
Onions, quartered and separated
Summer squash, sliced thick
Olive Oil

Salt and Pepper
Spices of choice: garlic powder,
cumin, smoked paprika, truffle
salt, etc.
Trader Joe's tzatziki sauce
Trader Joe's sliced almonds

Preheat oven to 375°F.

Place vegetables on baking sheets toss with olive oil and your choice of spices, salt and pepper.

Place into preheated oven for 30 minutes, flipping halfway through.

Serve with tzatziki sauce and sliced almonds.

