



# Catholic Health Initiatives

*Imagine better health.®*

## *Easy Roasted Veggies*

*Serves 4*

*Prep/cooking time: 45 minutes*

### **Ingredients:**

2 tbsp. olive oil

½ tsp. salt

1 tsp. garlic powder

1 sweet potato, sliced and quartered

1 red bell pepper, sliced

1 green bell pepper, sliced

1 red onion, chunked



## *Savory Side Dish*

### **Directions:**

Preheat the oven to 425 degrees. Line baking sheet with parchment paper; set aside. In a large bowl, toss together olive oil, salt, garlic powder and vegetables. Spread vegetables on prepared baking sheets in a single layer. Bake for 25 minutes, stirring once after 15 minutes; serve immediately.

*Harvest of the Month*

# *onions*