Roast your veggies

The simplest way to make them half your plate

<table>
<thead>
<tr>
<th>Veggie</th>
<th>Oven Temperature</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>425° F</td>
<td>12-15 min</td>
</tr>
<tr>
<td>Green Beans</td>
<td>425° F</td>
<td>12-15 min</td>
</tr>
<tr>
<td>Broccoli &amp; Cauliflower</td>
<td>425° F</td>
<td>16-20 min</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>400° F</td>
<td>35-40 min</td>
</tr>
<tr>
<td>Carrots</td>
<td>475° F</td>
<td>15-20 min</td>
</tr>
<tr>
<td>Onions</td>
<td>475° F</td>
<td>15-20 min</td>
</tr>
<tr>
<td>Peppers</td>
<td>450° F</td>
<td>15-20 min</td>
</tr>
<tr>
<td>Zucchini</td>
<td>425° F</td>
<td>10-12 min</td>
</tr>
</tbody>
</table>

Add more flavor with herbs like rosemary, sage, and thyme before cooking. Try some of these mixes:

- Olive oil, salt, pepper, oregano, garlic powder
- Olive oil, salt, rosemary, paprika powder
- Olive oil, salt, red pepper flakes, chili powder

Talk to your CHN Nutritionist if you have more questions!