

Roast your veggies

The simplest way to make them half your plate

Veggie	Oven Temperature	Time
Asparagus	425° F	12-15 min
Green Beans	425° F	12-15 min
Broccoli & Cauliflower	425° F	16-20 min
Brussels Sprouts	400° F	35-40 min
Carrots	475° F	15-20 min
Onions	475° F	15-20 min
Peppers	450° F	15-20 min
Zucchini	425° F	10-12 min

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!