

## Everyone's Favorite Roasted Vegetables

### Ingredients:

- 1 bunch Asparagus, Ends Cut Off, Chopped Into 2-3 Inch Pieces
- 1 Red Onion, peeled and chopped (omit if on the challenge)
- 1 Red Bell Pepper, seeded and shopped
- 8 oz. Mushrooms (any Kind), quartered or halved
- 1 medium eggplant, chopped into cubes (use zucchini if on the challenge)
- 1/2 butternut squash, peeled and cubed (use sweet potatoes if on the challenge)
- 3 cloves garlic, minced
- Salt & pepper, to taste
- 1 tsp. seasoning (your favorite brand)
- 1/3 cup Olive Oil (if on the challenge – use a zero calorie spray that you like!

### Directions:

1. Preheat oven to 450 degrees.
2. Mix all of the vegetables in a large bowl.
3. Drizzle with olive oil, season with salt, pepper, and steak seasonings.
4. Gently toss to coat all of the veggies.
5. Spread veggies out on two baking sheets.
6. Roast for 20 minutes, shaking the pans 2x while roasting. If needed, roast for an additional 5-10 minutes.
7. Enjoy!!

