

Easy One Pan Roasted Veggies

Servings: 4

Prep time: 10 minutes

Cook time: 20 - 25 minutes

Ingredients:

- 1 bag (12-16 oz) mixed vegetables (carrots, broccoli, and cauliflower)
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- Optional: Red pepper flakes for a spicy kick

Directions:

Step 1

Preheat oven: Preheat oven to 425°F (220°C).

Step 2

Prepare vegetables: Empty and spread the bag of vegetables in a single layer on a baking sheet lined with parchment paper.

Step 3

Toss with seasonings: Drizzle olive oil and season with garlic powder, onion powder, salt, pepper, and red pepper flakes (if using).

Step 4

Mix: Mix together until vegetables are evenly coated.

Step 5

Bake: Roast for 20-25 minutes, or until vegetables are tender-crisp and lightly browned.

Step 6

Serve: Serve immediately.

Tips and Variations

- **Add-ins:** Toss in some chopped Brussels sprouts, diced sweet potatoes, or sliced mushrooms for extra flavor and variety.
- **Spice it up:** Increase the amount of red pepper flakes for more heat.
- **Herbs:** Add dried herbs like thyme, rosemary, or oregano to the seasoning mix.
- **Make Ahead:** You can roast the vegetables ahead of time and reheat them later.