

Garlic Roasted Vegetables

With just a few ingredient you'll have yourself the perfect and most delicious vegetable side dish. Change it up by substituting your favorite veggies keeping in mind that heartier vegetables, such as beets, sweet potatoes, turnips, work best with this recipe. Recommend serving with Lemon Chicken, a recipe by nourish move love.

🕒 Prep: 10 mins Cook: 20 mins Total: 30 mins

👤 Servings: 4 servings

1x	2x	3x
----	----	----

INGREDIENTS

- 2 handfuls (~8-10 oz.) of green beans, trimmed and washed
- 3 medium carrots, peeled and cut into 2-3 inch. sticks
- 2 medium parsnips, peeled and cut into 2-3 inch. sticks
- 1 cup Brussels sprouts, halved
- 3 cloves garlic, minced
- 2 Tbsp. olive oil or avocado oil
- 1/4 tsp. sea salt
- 1/4 tsp. black pepper
- Fresh or dried herbs of choice, optional

INSTRUCTIONS

1. Preheat oven to 375 degrees. Line baking sheet pan with parchment paper if you wish.
2. In a large bowl or directly on the pan, toss all of the ingredients together.
3. Roast in oven for 18-20 minutes.

NOTES

All photos and content are copyright protected. Please do not use our photos without prior written permission. If you wish to republish this recipe, please rewrite the recipe in your own unique words and link back to the source recipe here on Simply Nourished Recipes so credit is given where credit is due. Thank you!

NUTRITION INFORMATION

Serving Size: 1/4 or recipe Calories: 158 Fat: 7 g Sodium: 190 mg Carbohydrate: 23 g
(Fiber: 8 g Sugar: 7 g) Protein: 3 g

DIETARY

Dairy-Free Egg-Free Gluten-free Grain-Free Paleo Whole30

© The Real Food Dietitians Recipe By: Simply Nourished Recipes

Find it online: <https://therealfooddietitians.com/garlic-roasted-vegetables/>

DO NOT SELL OR SHARE MY PERSONAL INFORMATION