



## Sheet Pan Roasted Veggies

4 servings  
30 minutes

### Ingredients

- 3 1/2 cups Brussels Sprouts (halved or quartered)
- 2 cups Broccoli (cut into florets)
- 2 Carrot (peeled and sliced)
- 2 Yellow Onion (medium, cut into wedges)
- 2 tbsps Extra Virgin Olive Oil
- 1 tsp Italian Seasoning
- 1/2 tsp Garlic Powder
- 1/4 tsp Sea Salt (to taste)

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the vegetables to the baking sheet and drizzle with the oil. Season with Italian seasoning, garlic powder, and salt. Mix well to coat the vegetables evenly.
- 3 Bake for 25 to 30 minutes or until the vegetables are tender. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately 2 1/2 cups.

**No Extra Virgin Olive Oil:** Use avocado oil or coconut oil instead.