

ITEM: Oven Roasted Vegetable Medley

YIELD:

8 Portions

INGREDIENTS:	
1 Head	Cauliflower (cut in florets)
1 Crown	Broccoli (cut in florets)
1 Medium	Butternut Squash (peeled and medium diced)
1 only	Spanish Onion
1 only	Red Pepper
1 Only	Green Pepper
2 Medium	Carrots
4 cloves	Garlic (minced)
2 ounces	Olive Oil
1 ounce	Balsamic Vinegar
1 Tbsp	Italian Seasoning
1 Tsp	Paprika
1 Tsp	Fresh ground black Pepper and Kosher Salt
2 Tbsp	Fresh Chopped Parsley
¼ cup	Parmesan Cheese (optional may omit for Vegan Diets)

METHOD:	
1.	Prepare All vegetables as described in the ingredients list and try to ensure constancy in the sizes/cuts of vegetables to allow for consistency in the cooking process. This can be done up to 24 hours in advance and stored refrigerated if preferred.
2.	Preheat oven to 375 degrees F
3.	Line 2 10" by 15" Baking trays with Parchment Paper or aluminum foil.
4.	Arrange Dice Vegetables split between the 2 baking trays.
5.	Drizzle the olive Oil, Balsamic Vinegar and Garlic on the vegetables and lightly toss to coat evenly
6.	Sprinkle on the remaining ingredients, Italian seasoning, Fresh Chopped Parsley, Paprika, Coarse Salt, Fresh Ground Black Pepper

7.	Bake in the oven for 15 minutes and then stir lightly. Sprinkle the Parmesan Cheese on top of the vegetables and bake for an additionally 15 minutes until cooked. Cooking time may vary depending on the size of cut for the vegetables
8.	Remove from Oven and serve immediately.

Notes from the Chefs

This recipe can be modified to use whatever vegetables are in season depending on the time of year to enjoy local produce year-round. Feel free to play with the herbs and seasoning that are added for different flavors or also be spiced up to add in some chiles, curry, ginger, variety of different herbs, etc. Enjoy as a side dish to any protein or serve with a variety of grains such as Lentils, Whole Grain or Wild Rice's, Beans, Couscous for a full healthy meal.

Enjoy

Chefs in the Park