



OIL FREE RAINBOW ROASTED VEGETABLES

INGREDIENTS:

1 $\frac{2}{3}$ cup chopped red bell peppers

2 cups chopped carrots

1 $\frac{1}{3}$ cup chopped yellow bell peppers

1 $\frac{2}{3}$ cup chopped zucchini

1 cup broccoli florets

1 cup chopped red onions

1 tbsp dried thyme

Balsamic vinegar to taste

INSTRUCTIONS:

Preheat the oven to 390 °F or 200 °C.

Place the chopped vegetables onto a baking sheet, add the thyme and balsamic vinegar to taste.

Bake for about 25 minutes or until the vegetables are cooked.

