

Oven Baked Veggies

Ingredients

- 1 package of organic mushrooms
- 1 package of organic asparagus
- 1 large organic bell pepper (any color)
- 1 large onion

Substitutes

- Organic Brussel sprouts
- Organic Broccoli
- Organic Cauliflower



Directions

Preheat oven to 350°F.

Place on cookie sheet and dribble olive oil with any seasoning to taste.

Bake for 20 minutes. Add some lean meat or just have with a light dipping sauce.