



 **Healthy Roasted Veggies**

INGREDIENTS

* Mushrooms (sliced)
* Peppers (Various Kinds - sliced)
* Other Veggies (as desired - sliced)
* Olive Oil
* Sea Salt
* Balsamic Vinegar (optional for serving)

DIRECTIONS

Combine all vegetables in bowl. Coat with olive oil. Sprinkle sea salt to taste and mix. Layer on a baking sheet lined with parchment paper. Bake at 375 for 15-20 minutes or until tender. Top with balsamic vinegar to serve. Enjoy!

Subscribe to our youtube channel: go.ncsu.edu/currituckceshealthy