

Roasted Vegetable Balsamic Salad

Ingredients

- 2 cups diced veggies of your choice: sweet potatoes, onions, carrots, broccoli, brussels sprouts, zucchini, bell peppers, mushrooms, tomatoes, or zucchini
- ~2 Tb. olive oil
- Dash salt and pepper



SALAD INGREDIENTS:

- 4 cups baby spinach, kale or spring mix
- 1/4 cup dried cranberries
- 1/4 cup sunflower seeds
- 1/3 cup feta, goat, or parmesan cheese

DRESSING INGREDIENTS:

- 3 Tbsp. olive oil
- 1 Tbsp. balsamic vinegar
- 1 tsp. honey
- 1/4 tsp. garlic powder
- Salt and pepper to taste

Directions

ROAST VEGGIES: Preheat oven to 400 degrees F. Cut your vegetables down into bite-sized pieces, place on a pan, and toss them with olive oil and a dash of salt and pepper. Bake for 20-45 minutes, checking every 10 minutes, until the vegetables are tender enough to pierce with a fork and you see some charred bits on the edges

PREPARE SALAD: Mix salad ingredients in a medium bowl. Separately, whisk together dressing ingredients. Pour dressing over salad and toss to coat evenly. Top with roasted veggies.

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