



# sautéed/roasted vegetable medley



Image: <http://global-cdn.skinnyms.com/wp-content/uploads/2016/01/Roasted-Asparagus-Peppers.jpg>

## sample combinations

### summer

Bell Peppers

Potatoes

Summer Squash or Zucchini

Olive Oil

Salt and Pepper

Optional: Lemon and/or garlic

### fall

Broccoli

Cauliflower

Carrots

Olive Oil

Salt and Pepper

Optional: Lemon and/or garlic

### winter

Sweet Potatoes

Onions

Olive Oil

Salt and Pepper

Optional: Lemon and/or garlic

### spring

Asparagus

Mushrooms

Onions

Olive Oil

Salt and Pepper

Optional: Lemon and/or garlic