

## Roasted Veggies or Kabobs

Choose any combination of your favorite veggies. Farmers Rob and Christina enjoy:

Sweet peppers  
Onions  
Beets (red, candy, gold, or Dutch)  
Carrot  
Potatoes  
Summer squash  
Cherry tomatoes  
Winter squash  
Parsley  
Thyme



Preheat your oven to 375 degrees.

Roughly chop your veggies so that they are in about 1 ½" pieces (leave cherry tomatoes whole). Put them all in a bowl. Drizzle on some olive oil (or your favorite oil of choice), just enough for a thin coating. Add a pinch of salt and pepper. We also love to add a handful of sesame seeds, a bit of thyme, and a good dash of smoked paprika. Add any herbs, spices, and seeds that strike your fancy. Sunflower seeds are also delicious.

**For Roasting:** Preheat your oven to 375 degrees. Grease a baking sheet. Spread your veggies out into a single layer. Make sure each veggie has some room, or else they will steam and not roast. Bake until veggies are tender and some have turned golden. Test with a fork. It's also a good idea to stir them around once during the baking. Baking time is usually 45 min to 1 ½ hours. Every oven is different, so watch it.

**For Kabobs:** Spear your seasoned veggies onto kabob skewers and grill for several minutes until tender. It works well to close the lid to allow them to steam a bit. The best veggies for kabobs are peppers, onions, summer squash, and cherry tomatoes. If you are going to use potatoes, beets, or winter squash, parboil them until fork tender before grilling.