



ROASTED VEGETABLES

You can roast seasonal vegetables of your choice with this simple method!

Pre-heat the oven to 425 degrees.

Take your veggies and do a “chunky” cut on them after you wash them.

Place them in a bowl and pour a good amount of Macala Olive Oil over them to cover and coat them.

Season well. I like to use sea salt or Kosher salt, freshly ground black pepper, Macala rosemary, and a dash of Macala oregano or Macala sage, some freshly chopped Italian parsley and of course fresh garlic that is finely minced.

Toss the veggies very well to mix in the seasonings and coat with the olive oil.

(I like to use my hands the way that my grandmother and my mother did!)

Transfer the seasoned veggies into a large enough roasting pan to make a single layer if possible.

Place in the pre-heated oven and stir every 10 minutes or so.

When done they should be golden brown on the outside and fork tender on the inside!