

## Roasted Vegetables

4 servings

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2 Tbsp Olive oil  
2 Squash  
2 Zucchini squash  
1 Red onion  
1 Tomato  
1 tsp Garlic  
Salt and pepper to taste

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### Directions:

Chop the vegetables (slices, then half for squash and zucchini), cut the onion into wedges and separate into slices, and cut up the tomato. Heat the oil on a high heat in a large pan and toss in the squash, zucchini, and onion. Stir and let it cook for five minutes without stirring. Stir and cook for another five minutes without stirring. Stir and cook for another five minutes without stirring. Add in the garlic, tomato, salt, and pepper. Stir and cook a 1-3 minutes. Serve warm.



## Shopping List – Roasted Vegetables

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- Olive oil
- 2 Squash
- 2 Zucchini squash
- 1 Red onion
- 1 Tomato
- Garlic