



Roasted Vegetables with Smashed Garlic

INGREDIENTS

2 orange carrots; sliced length-wise	2 purple carrots; sliced length-wise
2 yellow carrots; sliced length-wise	1 small bunch of broccoli; chopped
1 head Bok Choy; rough chopped including greens	1 onion; diced
3 TBSP olive oil - divided	2 TSP balsamic vinegar
Salt and Pepper to taste	¼ cup fresh parsley, chopped
10 garlic cloves; peeled	

DIRECTIONS

Preheat the oven to 400F. Chop vegetables into large chunks. Place all chopped vegetables in a large bowl and drizzle with 2 TBS olive oil, balsamic vinegar, salt and pepper and parsley. Toss everything together until the vegetables are well-coated. Toss garlic with 1 tablespoon of olive oil and salt and pepper to taste. Wrap garlic cloves in a single layer of foil. Arrange veggies and wrapped garlic on 2 sheet pans so that none overlap. Roast for 40-60 minutes until veggies are tender and garlic is soft, golden and sweet. Slightly smash garlic with a fork and toss with hot vegetables.