

naturopathic • acupuncture

roasted vegetable medley

1 pound fresh vegetables (zucchini, green beans, onion, chard stems) 4 cloves freshly peeled garlic, ¼ cup olive oil ¼ cup fresh basil chopped large sea salt snap and cut vegetables to similar lengths mince garlic into olive oil toss prepared vegetables and garlic/oil mixture in large bowel place vegetables into grilling basket onto BBQ with maximum heat roast until most crisp vegetable is tender (green beans) put back into mixing bowl hot, mix in basil allowing it to wilt

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roasted vegetable medley

1 pound fresh vegetables (zucchini, green beans, onion, chard stems)

4 cloves freshly peeled garlic, 1/4 cup olive oil

1/4 cup fresh basil chopped large

sea salt

snap and cut vegetables to similar lengths

mince garlic into olive oil

toss prepared vegetables and garlic/oil mixture in large bowel

place vegetables into grilling basket onto BBQ with maximum heat roast until most crisp vegetable is tender (green beans)

put back into mixing bowl hot, mix in basil allowing it to wilt

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