

Rich and Savory Roasted Veggies

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Preheat the oven to 425 degrees. Toss the veggies in olive oil, salt, pepper and cayenne. Spread on a large baking sheet. Be careful not to overcrowd. Sprinkle chopped bacon over the top. Roast until crispy- about 20 minutes, turning half way through. This recipe works well with whatever veggies you like. Get creative. Double up the batch to make leftovers for tomorrow!

Enjoy!!!

Eating more non-starchy veggies is a surefire way to boost your health and trim your waistline.

- **Fill your plate with veggies.** They are low in calories and high in volume. Veggies are a great way to satisfy your appetite while helping you maintain a caloric deficit. Try to load up half your plate with veggies first and then fill in the gaps with meat and starch. Another great strategy is to replace starchy carbs (like rice or pasta) with veggies. Start with one meal a day and see how you feel. Lean and Green!!!
- **Eat the rainbow.** Veggies are packed with a variety of micronutrients that are critical for optimal health and longevity. To maximize the benefit, include a variety of veggies in your diet- My favorites are carrots, mushrooms, onions, eggplant, red pepper, asparagus, brussels sprouts, bib lettuce and cauliflower.
- **Fiber, Fiber, Fiber!** Veggies are packed with both soluble and insoluble fiber. This unique carbohydrate stokes your

metabolism, aids in proper elimination, and is widely acclaimed for playing a protective role in a whole host of diseases.