



Ashley's Meal Prep Monday!

Roasted Carrots and Cauliflower



INGREDIENTS

- 1 head of cauliflower cut into florets
- 4-5 large carrots, peeled and cut
- 3 TBSP avocado oil
- 1/2 TSP salt
- 1/2 TSP pepper
- 1 TSP garlic powder
- 1 TSP Italian seasoning
- 1/2 TSP smoked paprika

Preheat oven to 425 and line a cookie sheet with parchment paper.

Add cut cauliflower and carrots into a large bowl with avocado oil. Add salt/pepper, garlic powder, Italian seasoning and smoked paprika. Mix well until veggies are evenly coated.

Spread veggies onto prepared pan, careful not to crowd so they brown properly. Roast uncovered for 28 minutes. Toss/flip the veggies halfway through roasting so they don't burn on one side.

Enjoy with some grated parmesan, lemon juice, and fresh parsley.



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