



# Ashley's Meal Prep Monday!



## Sheet Pan Veggies and Potatoes

### INGREDIENTS

little red potatoes, cut and cubed  
1 zucchini - sliced  
1 squash - sliced and halved  
small head of cauliflower - cut up  
3 medium carrots - peeled and sliced  
3 TBSP Avocado oil  
1 TSP garlic powder  
1 TSP paprika  
1 TSP parsley  
1/4 TSP salt/pepper

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

In a large bowl, combine all of the veggies and potatoes. In a smaller bowl, combine seasonings. Add oil and seasonings to the veggies and potatoes and make sure they're well coated.

Place on cookie sheet, with enough space between veggies to ensure proper cooking. (sometimes I'll use two cookie sheets depending on the volume of veggies). Roast for 25-30 minutes, flipping halfway.

I love serving this dish with over easy eggs on top and drizzled pesto!



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