

Eat More Veggies

Follow these simple cooking methods and times

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Favorites & TO ROAST: toss veggies TO SAUTE: cooking times: with oil, sea salt, and pepper. heat up oil in pan until hot. Sprinkle prepped veggies sea salt and freshly Roast at 400 cracked pepper. degrees for: **10-15** minutes: asparagus, mushrooms, 1-2 minutes: summer squash spinach, peas 15-20 minutes: tomatoes 3-4 minutes: **20-25 minutes:** New recipes to try: broccoli, cabbage, bell peppers, carrots, green carrots, eggplant, beans onions 25-30 minutes: broccoli, brussel sprouts, 5-6 minutes: butternut squash, asparagus cauliflower, potatoes, sweet potatoes 35-40 minutes: 10 minutes:

beets

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