

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Roasted Vegetables

Ingredients:

- 6 large bell peppers
- 2 red onion
- 2 cloves garlic chopped
- 12 oz of green beans (3 cups)
- 1 tsp salt
- ¼ tsp ground pepper
- 4 tsp olive oil
- 1 tbsp cider vinegar

Directions:

- Wash the peppers, then cut in half and remove all the membrane and seeds.
- Chop the onion and green beans.
- Toss the pepper halves and other vegetables in a bowl with all other ingredients.
- Roast in a roasting pan on high heat. When slightly blackened, toss frequently until evenly cooked and tender to preference.