Roasted Vegetables with Tzatziki Sauce and Sliced Almonds



by Stacey Francis, DC

Broccoli, broken into bite sized pieces

Carrots, sliced or shredded

Red Peppers, sliced

Onions, quartered and separated

Summer squash, sliced thick

Olive Oil

Salt and Pepper

Spices of choice: garlic powder, cumin, smoked paprika, truffle salt, etc.

Trader Joe’s tzatziki sauce

Trader Joe’s sliced almonds

Preheat oven to 375°F

Place vegetables on baking sheets toss with olive oil and your choice of spices, salt and pepper.

Place into preheated oven for 30 minutes, flipping halfway through.

Serve with tzatziki sauce and sliced almonds.

Enjoy!