

Roasted Vegetables

From The Kid Friendly ADHD & Autism Cookbook

INGREDIENTS:

- 2-3 sweet potatoes, cubed
- 1 butternut squash, cubed
- 1 red pepper, chopped
- 1 yellow pepper, chopped
- 1 zucchini, cubed
- 1 red onion, chopped
- ½ cup balsamic vinegar
- 6 tablespoons olive oil
- 2 teaspoons sugar or sucanat
- 2 teaspoons fennel seed, crushed or whole (or dried rosemary)
- 1 teaspoon salt
- ½ teaspoon pepper

PREPARATION:

Lightly grease a roasting pan. Combine vegetables. Mix remaining ingredients to make a sauce and coat the vegetables. Bake uncovered for 45 minutes at 450°F. Stir twice.

NOTES FROM THE COOK: