

Naturally Roasted Vegetables

Ingredients:

* 2 C           Zucchini, in large pieces
* 2 C           Squash, in large pieces
* 2 C           Bell Pepper, in large pieces
* 2 C           Mushrooms
* 2 C           Onions, in large pieces
* 4 T           Olive Oil
* 4 T           Lemon Juice
* 1 T            Rosemary, dried
* 1 T            Thyme, dried
* 1 T            Oregano, dried
* 1 T            Sea Salt

Directions:

1. Stack the vegetables by alternating ingredients on a shish kabob stick.

2. Stir the liquids in a bowl.

3. Cook at 350 degrees in an oven for 30 minutes or on the grill.