



## Easy Baked Dinners

### One of the Quickest, Easiest, and Healthiest Ways to Make Dinner!

This is so easy! By baking your vegetables rather than frying, steaming, or boiling them, you are preserving the nutrients! Always try to choose organic meats and vegetables whenever possible. If you can't find organic vegetables, be sure to soak and wash them with a good quality veggie wash before use.

**PREPARE YOUR PAN:** Use a large cookie sheet and line it with parchment paper.

**VEGETABLES:** Gather together a selection of vegetables such as brussel sprouts, sweet potatoes, green peppers, red peppers, orange peppers, yellow peppers, peeled garlic cloves, mushrooms, white or green onion, squash, broccoli, cauliflower, carrots, cabbage, or any of your favorites. Cube or cut into bite-sized pieces. Place them into a bowl and drizzle with organic olive oil. I also love adding balsamic vinegar to taste as it caramelizes the veggies nicely and adds amazing flavor. The amount you use will depend on how many veggies you are making. Season with salt, pepper, rosemary, thyme, garlic seasoning or whatever spices you desire.

**MEATS:** Choose from chicken breasts, steaks, salmon filets, shrimp, or whatever your heart desires! Brush with olive oil and season as preferred. Be creative! Add lemon juice, sugar free BBQ sauce, garlic seasoning, Korean seasoning, lemon pepper, or whatever seasoning you are feeling. Be creative!

#### ASSEMBLE & BAKE:

Place your meat on the baking pan along with your vegetables and bake in 350-degree oven for 30-40 minutes or until meat is cooked thru and veggies are browned. Turn halfway through baking.

### ENJOY!

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