

# Immune Boosting Sheet Pan Dinner

Serves: 2-3

## INGREDIENTS:

- 1 lb Baby potatoes
- 2 cups Brussels Sprouts
- 1 white onion, diced
- 3 cloves garlic, minced
- 1 bag of colored organic carrots, chopped
- 2 tbsp fresh thyme
- 2 tsp dried basil
- 2tsp dried oregano
- 1 tsp fresh rosemary
- 1/4 cup olive oil
- Salt and pepper
- 1 tbsp apple cider vinegar



Serving size: 1 cup

## INSTRUCTIONS:

1. Preheat oven to 350F and line 2 sheet pans with parchment paper.
2. In a large mixing bowl, add chopped veggies, spices, and olive oil; combine well. Set aside the apple cider vinegar (you'll add once veggies are roasted).
3. Place the vegetables on the tray and bake for 35-40 minutes; mixing occasionally.
4. Remove veggies from oven, cool and then place in a large bowl and add two tablespoons of apple cider vinegar and mix well.
5. Season with additional salt and pepper if needed.