

That's what I'm talking about

HAMILTON
relay



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Family, good friends and good times are the things that make me the happiest!

That's what I'm talking about



Roasted Vegetable Medley

Ingredients:

1/2 Head of Cauliflower

1/2 Sweet Potato

Handful of Brussel Sprouts

2 Tbsp Extra Virgin Olive Oil

4 cloves Garlic

2 tsp Greek Seasoning

Directions:

1. Preheat oven to 375 degrees.
2. Cut vegetables into bite-sized pieces and mince garlic.
3. Mix vegetables, garlic and Greek seasoning together and pour onto a cookie sheet in a single layer. Lightly cover vegetables with olive oil.
4. Bake 30 – 40 minutes. For crisper vegetables, increase oven temperature to 425 degrees and bake an extra 10 – 15 minutes.