

# SPEEDY WINTER VEGETABLE SHEET PAN DINNER

Serves 2-4 | Prep: 15 mins | Cook: 30 mins

Difficulty level: Easy



## INGREDIENTS

- 3 cups cauliflower, chopped (fresh or frozen - thawed)
- 1 pound brussel sprouts or broccoli, chopped (fresh or frozen - thawed)
- 1 large sweet potato peeled, diced
- 1 small red onion, peeled and sliced
- 1 head garlic, peeled and finely diced
- 1 (15 ounces) can chickpeas, rinsed and drained (or 2 cups cooked, dried chickpeas)
- 1 teaspoon chili powder
- ½ teaspoon paprika
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon cayenne pepper (optional)
- 2 tablespoons oil, of choice

## INSTRUCTIONS

1. Preheat the oven to 375°F.
2. In a large bowl, toss together all ingredients until spices are evenly distributed.
3. Place mixture in an even layer on a large baking sheet.
4. Bake for 30-40 minutes or until vegetables are tender. Flip halfway through baking.

For more information, visit [thefoodbank.ca/food](https://thefoodbank.ca/food)

Recipe adapted from [tabsandtidbits.com](https://tabsandtidbits.com)

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