



# *Wellnessleuth* Recipes

Enjoy your day with  
delicious food

---

[www.wellnessleuth.com](http://www.wellnessleuth.com)



## Mediterranean Roasted Vegetables

### INGREDIENTS:

#### *Ingredients:*

*1 lb. bag mini sweet peppers,  
seeded and cut in half*

*1 lb. Portobello mushroom caps,  
sliced*

*1 large red onion, sliced*

*1 lb. Brussels sprouts, trimmed  
and cut in half*

*2 t. garlic powder*

*2 t. Herbs de Provence (or  
Italian seasoning)*

*2 T. extra virgin olive oil*

*2 T. balsamic vinegar*

*Sea salt and black pepper, to  
taste*

### DIRECTIONS

#### *Directions:*

- *1. Preheat oven to 425°F and line a large, rimmed baking sheet with parchment paper or a Silpat® baking mat. Set aside.*

- 1. Add peppers, Portobello mushrooms, onion, and Brussels sprouts to a large mixing bowl. Add garlic powder, Herbs de Provence, olive oil, and balsamic vinegar and gently toss to combine. Season generously with salt and black pepper, to taste.*
- 2.*
- 3. Arrange seasoned vegetables on prepared baking sheet in a single layer, being careful not to overcrowd. Use two large baking sheets, if necessary.*
- 4.*
- 5. Place sheet pan in preheated oven and roast for 40-45 minutes, stirring halfway through, or until the vegetables are tender and develop a nice caramelized color. Remove from oven and serve immediately. Enjoy!*

•



**GRILLED  
POLENTA  
CROSTINI**

These grilled polenta crostini are the perfect snack or light dinner. Made with just a few simple ingredients, they come together quickly and easily. You won't be disappointed. [Click here](#)



**EGG ROLL BOWLS**

Egg roll bowls are the perfect way to get together with friends and family. They're easy to make, and they're a great way to get everyone involved in the kitchen. Plus, they're a lot of fun to eat! [Click here](#)



**MIXED BERRY  
SALAD WITH  
RASPBERRY  
VINAIGRETTE**

Refreshing Mixed Berry Salad with Raspberry Vinaigrette is a healthy and delicious salad that is perfect for a picnic or potluck. The salad includes a mix of fresh berries, cucumber, and red onion, tossed with a simple raspberry vinaigrette. [Click here](#)