

## **Jenny's Secret Weapon**

(An EASY PEAZY Go-To Dinner Recipe)  
Serves 2-4



### **Ingredients:**

- 2 Servings of vegetable of your choice: asparagus, broccoli, Brussel sprouts, squash, zucchini, etc.
- EVOO spray (to lightly & evenly coat in healthy oil)
- Sea salt or Pink Salt
- (optional) 2 Servings of lean meat of your choice: chicken, fish, etc.

**OR**

- 2 servings of starchy vegetables: red potatoes, sweet potatoes, etc.

### **Directions:**

1. Pre-heat oven to 350 degrees
2. While oven pre-heats, chop veggies into ½ inch pieces or as desired
3. Spray a baking dish with EVOO (lightly and evenly coat the dish)
4. Place meat in middle of the baking dish and add salt to taste (skip this step if not allowed meat)
5. Place cut-up veggies around the meat (if applicable) and sprinkle with sea salt
6. Give one last spray of EVOO and stir to evenly distribute the oil
7. Bake uncovered for 20-30 minutes or until done

*\*Note: Oven temps vary by oven – may need to adjust accordingly*