## WLIVING WELLNESS Recipes





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**SERVINGS**: 4 SERVINGS, DOUBLE THE RECIPE AS DESIRED

CATEGORY: ENTRÉE, SHEET PAN MEAL

**TIME:** Prep- 10 minutes, Bake- 40-50 minutes

## **INGREDIENTS**

- 8 oz bacon (love it when I can find organic bacon on sale!)
- 1 medium onion or 1-2 cups pearled onion (I use frozen so I don't need to peel them:)
- 2 shallots (optional)
- 1 tablespoon olive oil

- 7-9 cups of about 1 inch size chunks veggies (we mix and match the following: broccoli, Brussels sprouts, butternut squash, sweet potato, artichoke, asparagus, green beans)
- Seasoning: I do a light sprinkle (less than 1/8 tsp) of turmeric, 1/2 tsp onion powder, 1 tsp fine ground sea salt, 1 tsp Kirkland No Salt Seasoning

## INSTRUCTIONS

- 1. Arrange veggies on tray in single layer (okay to overlap some)
- 2. Cut bacon into 1 inch chunks and lay on veggies in a single layer
- 3. Drizzle oil and sprinkle salt and seasoning all over veggies and bacon.
- 4. Bake for 40-55 minutes based on how many veggies you have and if you use frozen (more time), canned, or fresh. Stir veggies on the pan at about 30 minutes and then every 5-10 minutes until bacon is crispy to help them to bake evenly.



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