

Red Hot Roasted Veggies

- 1 cauliflower, cut or sliced bite-sized
- 4 carrots, cut into thin sticks
- 8 cherry tomatoes
- 1 T olive oil
- 1 T Frank's RedHot Chili Lime sauce, or your favourite [Frank's RedHot sauce](#)
- 1 T Kosher salt

Preheat oven to 420F.

Lay veggies in a single layer on a baking pan. In a small dish, combine oil, hot sauce and salt. Brush sauce on veggies. Roast for 30 minutes, turning once at halftime. Check periodically and remove any veggies that are softened and browned. Keep the bottle of hot sauce handy for dipping, cause some like it even hotter! Serves 4.

Jittery Cook