

# Roasting Vegetables 101



1. CHOOSE YOUR VEGGIES based on required cooking times.

## 10-15 minutes

- Summer squash
- Zucchini
- Bell peppers
- Broccoli
- Asparagus
- Green beans
- Mushrooms
- Tomatoes
- Onions

## 20-25 minutes

- Cauliflower
- Brussels sprouts
- Winter squash
- Radishes
- Eggplant
- Turnips
- Onions
- Broccoli
- Tomatoes

## 30+ minutes

- Beets
- Potatoes
- Sweet potatoes
- Carrots
- Parsnips
- Cabbage
- Rutabaga
- Onions
- Winter squash

2. Wash and cut your veggies. Cut them into uniform pieces about 1/2 inch square so that they will cook evenly.

3. Toss your veggies with cooking oil and seasonings. Use about 1 teaspoon of oil for every 1 cup of vegetables. Salt and pepper to taste. Other suggested flavor combos include:

- Rosemary + lemon zest + thyme
- Smoked paprika + mustard seed
- Fresh minced garlic + oregano + parsley
- Curry powder + cilantro + garlic
- Cumin + smoked paprika + oregano

4. Arrange veggies in a single layer on a sheet pan. Avoid crowding them together.

5. Roast at 425°F for the time indicated above, or until fork-tender, stirring halfway through.