

# ROASTING VEGETABLES 101



## Ingredients

- 1-2 pounds Vegetables
- 1-2 tablespoons olive oil, enough to lightly coat the vegetables
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

## Cooking Instructions

- Preheat oven to 425 F.
- Lightly oil a baking sheet.
- Place chopped vegetables on a baking sheet. Drizzle with olive oil, herbs, and spices, and toss until the vegetables are evenly coated.
- Roast until vegetables begin to brown on the edges and are fork-tender.



## Roasting Times

- **Root Vegetables** (beets, potatoes, carrots): 30–45 min
- **Winter Squash** (butternut and acorn squash): 45–60 min
- **Crucifers** (broccoli, cauliflower, brussels sprouts): 15–25 min
- **Soft Vegetables** (zucchini, squash, peppers): 20–30 min
- **Thin Vegetables** (asparagus, green beans): 10–20 min
- **Onions:** 25–45 min (depending on how soft you like them)
- **Tomatoes:** 15–20 min

## Tips

- Cut your vegetables so they're about the same size so they'll cook in about the same time.
- Don't overcrowd the vegetables on the baking sheet. Make sure they're in one even layer.
- If you're using a mix of vegetables, you can keep them separate on the baking sheet.

## Flavor Options

- Garlic Powder
- Paprika
- Chili Powder
- Dried Thyme
- Dried Rosemary
- Dried Basil
- Italian Seasoning
- Seasoning Blends
- Balsamic Vinegar