

Guide to Roasted Vegetables

If you aren't a huge fan of vegetables or have picky eaters in your house, give roasting a try. Roasting vegetables is one of the easiest ways to make vegetables taste great and adds fantastic flavor and texture that is very hard to achieve with steaming or blanching.

To Roast Vegetables:

1. Pre-heat oven to 400°F and line a rimmed baking sheet with parchment paper.
2. Wash and dry vegetables then chop into evenly sized pieces.
3. Toss with extra virgin olive oil and herbs and spices of choice.
4. Spread evenly in a single layer onto the baking sheet, making sure to not overcrowd the pan.
5. Place in oven and cook until vegetables can be easily pierced with a fork. Use the roasting guide below for approximate cooking times.

Estimated Roasting Time for Vegetables at 400°F	
20 Minutes or Less	
Asparagus	Mushrooms
Kale	Tomatoes
20-30 Minutes	
Cauliflower	Green Beans
Bell Peppers	Onion
Broccoli	Summer Squash
Eggplant	Zucchini
30 Minutes or More	
Beets	Potatoes
Butternut Squash	Pumpkin
Carrots	Spaghetti Squash
Okra	Sweet Potatoes

- **Don't Skimp on the Oil:** Use enough oil to give vegetables a slick, glossy coating but not so much that you end up with puddles of oil (1-2 Tbsp is usually enough). Oil helps vegetables cook more evenly, crisp up in the oven and adds a rich flavor that makes them irresistible.
- **Give the Vegetables Space (More Than You Think!):** When spreading vegetables onto a baking sheet, you want to see some space around each piece. Don't be afraid to use more than one baking sheet if needed. Crowding makes the vegetables steam instead of roast.
- **Roast Until You See Toast:** Make sure your oven is fully pre-heated before putting the vegetables in to roast. Allow them to cook until they are tender enough to be pierced with a fork and you see some charred bits on the edges. The charred bits are what make roasted vegetables delicious so even if the vegetables are tender and cooked through, let them continue to roast until you see a few toasty tips and edges.