

Roasted Veggie Guide

Why do ROASTED veggies rock?

Because when you put them in the oven on high-dry heat (425-450 degrees), they turn deliciously sweet.

HOW? That high oven temperature helps bring out the natural sweetness of vegetables, which is called caramelization (car-a-mel-i-za-tion). Not only are veggies sweeter when roasted, but they are soft on the inside and crispy on the outside. Use this guide to help you get roasting!




General steps to roast most veggies:

Step 1: Preheat oven to **425°F**. Line a baking pan with foil, then coat it with nonstick cooking spray or oil, such as canola or vegetable oil. Starting with 1 pound of vegetables, cut up vegetables.

Step 2: In a bowl, toss vegetables with 1 1/2 teaspoons of olive oil, 1/4 teaspoon salt, and 1/8 teaspoon freshly ground black pepper.

Step 3: Transfer the cut-up vegetables to the prepared pan. Arrange in a single layer in the pan.

Step 4: Roast 15-20 minutes, turning once halfway through, until vegetables are caramelly, brown and crispy the way you like.

 VEGGIE	 PREP	 COOK TIME	 OIL & SEASON <i>In addition to Step 2 above, try these optional seasonings!</i>
Asparagus	Snap off wood base; cut into 3-4 inch pieces.	15 minutes	Add 3 cloves of garlic, minced.
Baby Red Potatoes	Halve larger potatoes.	25-30 minutes	Toss with 1/4 teaspoon chipotle Chile pepper just before serving.
Broccoli	Cut into 2-inch long stalks.	12-15 minutes	After roasting, drizzle with 1 1/2 teaspoons lemon juice; top with 2 tablespoons feta cheese and 1 tablespoon snipped parsley.
Brussels sprouts	Trim end, halve.	20-25 minutes	After roasting, drizzle with 1 tablespoon lime juice and 1 1/2 tablespoons snipped cilantro.
Carrots	Peel, halve and/or quarter.	20-25 minutes	After roasting, toss with 1/4 cup toasted walnuts, 1 teaspoon honey, and 1/2 teaspoon pumpkin pie spice.
Peppers	Cut into 2-inch pieces.	25 minutes	Sprinkle with 2 tablespoons snipped fresh basil just before serving.
Summer Squash	Halve lengthwise; slice 1/4 inch thick.	10-15 minutes	Toss with 3/4 teaspoon dried Italian seasoning and 2 tablespoons shredded parmesan.
Sweet potato	Scrub unpeeled potatoes; cut into 1-inch cubes.	20-25 minutes	Toss with 1/2 teaspoon paprika.