



# 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.

 <b>VEGGIE</b>	 <b>PREP</b>	 <b>COOK TIME</b>	 <b>OIL &amp; SEASON</b> <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.