



# HOW TO: ROAST VEGETABLES:



**1** PREHEAT OVEN TO 450°F

High heat makes vegetables crisp and caramelized

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**2** PREPARE VEGETABLES

Cut your vegetables. Make every piece the same thickness: about 3/4 inch thick.

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**3** ADD FLAVOR

Toss vegetables in:

- 2 TBS oil, butter, or fat
- 1/2 TSP salt
- Herbs and spices

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**6** READY WHEN SOFT

Test with a fork. They should be browned and crispy on the outside and soft on the inside.

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**5** STIR HALFWAY

Stir your vegetables, turning them over to ensure even cooking.

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**4** ROAST IN BATCHES

See roasting times. Roast in a single layer on baking sheet.



Too many layers causes steaming and mushiness





# HOW TO: ROAST VEGETABLES

ROASTING TIME	
<b>SHORT</b> 10-20 minutes	ASPARAGUS, BEANS, CORN (OFF THE COB), EGGPLANT, SUMMER SQUASH
<b>MEDIUM</b> 20-30 minutes	BROCCOLI, BRUSSELS SPROUTS, CABBAGE, CAULIFLOWER, FENNEL, GREEN GARLIC, KOHLRABI, ONIONS, PEPPERS, RADISHES
<b>LONG</b> 30 to 40 minutes	BEETS, CARROTS, CELERIAC, GARLIC, PARSNIPS, POTATOES, RUTABEGA, TURNIPS, WINTER SQUASH



## TIPS

### DIFFERENT ROASTING TIMES, DIFFERENT BAKING SHEETS

Use different baking sheets for vegetables that require different times in the oven so they don't overcook. You can combine when serving.

### CABBAGE AND CAULIFLOWER

Cut these through the core into 8 wedges, instead of 3/4 inch thick.

### EGGPLANT AND SUMMER SQUASH

Prevent these from getting soggy by tossing them in salt, about 2 TBS per pound, and let sit for an hour. Then rinse with water and dry them. They do not need to be salted again before consuming.

### TOMATOES

Roast at 300°F instead for 2-4 hours until shrunken to about half the thickness. Try topping with cheese just before the end!

### DO YOUR ROASTED VEGETABLES TASTE TOO DRY

Some vegetables may become too dry when roasted. Next time, cover those vegetables with foil to keep in the moisture. Remove the foil for the second half of roasting to allow caramelization.