How to: Roast Vegetables:

1. PREHEAT OVEN TO 450°F
   - High heat makes vegetables crisp and caramelized.

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

3. ADD FLAVOR
   - Toss vegetables in:
     - 2 TBS oil, butter, or fat
     - 1/2 TSP salt
     - Herbs and spices

4. ROAST IN BATCHES
   - See roasting times. Roast in a single layer on baking sheet.

5. STIR HALFWAY
   - Stir your vegetables, turning them over to ensure even cooking.

6. READY WHEN SOFT
   - Test with a fork. They should be browned and crispy on the outside and soft on the inside.

Too many layers causes steaming and mushiness.

High Desert Food & Farm Alliance | www.hdffa.org | info@hdffa.org | 541-390-3572
How to: Roast Vegetables

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

**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.