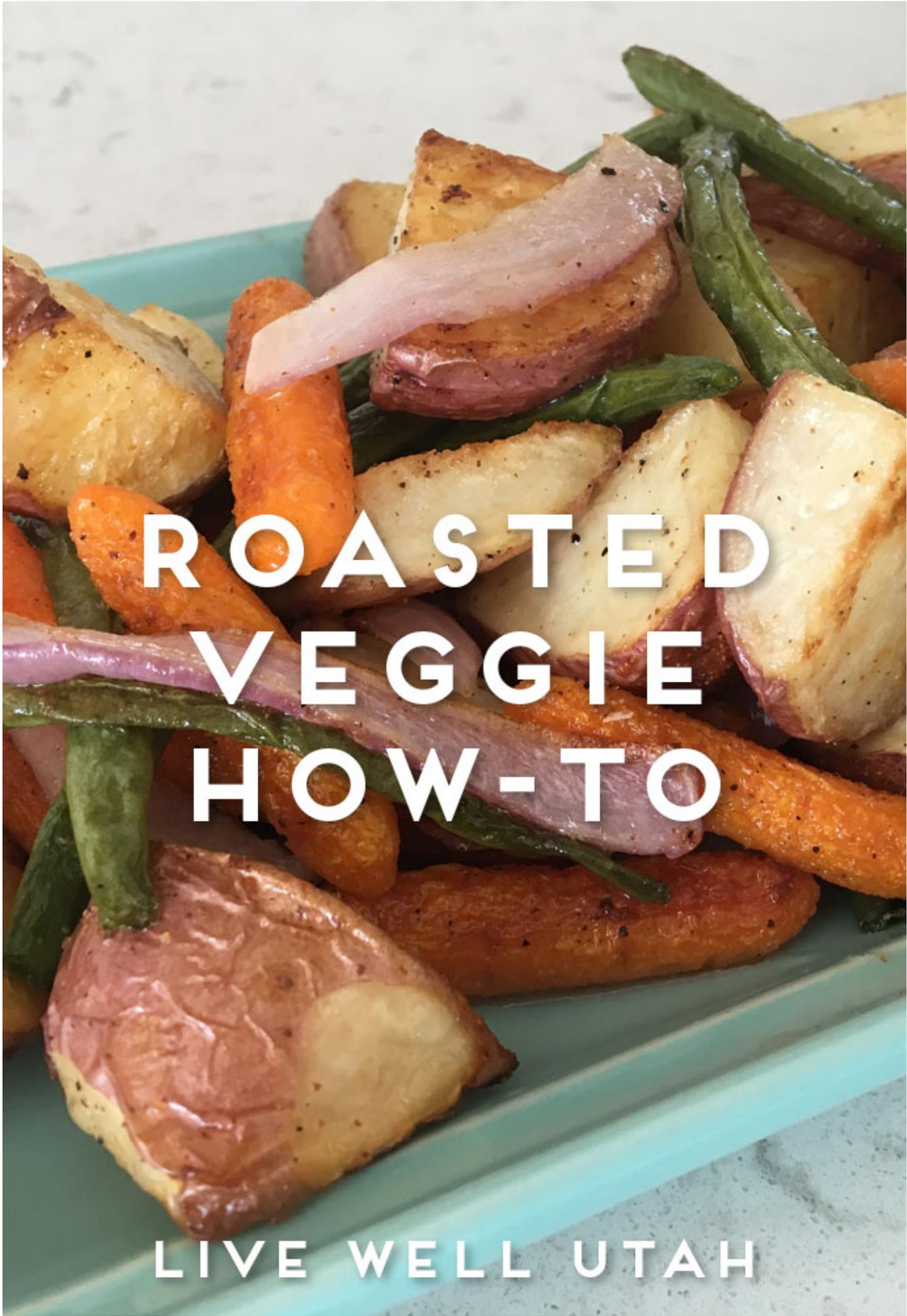


Roasting Vegetables



ROASTED
VEGGIE
HOW-TO

LIVE WELL UTAH

Try these simple directions to achieve perfectly roasted and flavorful veggies.

Fall is upon us and so is the abundance of the harvest. Are you looking for a fast, easy and yummy way to prepare those vegetables? Roasting them is a great way to add some pizzazz to your next meal. Not only is roasting vegetables delicious, but it is very healthy as well.

Combining vegetables that have similar roasting times is an easy way to create a delicious, evenly cooked vegetarian side or main dish. You can also combine foods with varied roasting times – just add the faster-cooking vegetables to the oven later or pre-cook hard root vegetables on the stove top.

Easy Instructions:

- Set oven temp to 450 F. High heat is necessary for the vegetables to brown and caramelize by the time they are completely done.
- Cut vegetables into similar-sized pieces.
- For every 2 pounds of vegetables, toss with 1 T. olive oil and seasonings (such as salt, pepper, garlic, rosemary, thyme or sage).
- Line baking sheet with either parchment paper or aluminum foil.
- Spread vegetables on baking sheet in a single layer with space between pieces.
- Roast each vegetable variety separately or combine them.
- Use roasted vegetables as a side dish, on a sandwich or Panini, on a tortilla, in soups or over brown rice or whole grain pasta.

Approximate cooking times for various

vegetables:

10 to 15 minutes: asparagus, bell peppers, broccoli, buttercup squash, yellow and zucchini squash, garlic, leeks, okra, tomatillos, radishes

15 to 20 minutes: Brussels sprouts, carrots, cherry tomatoes, green beans, mushrooms, parsnips

20 to 30 minutes: baby artichokes, baby carrots, cauliflower, onion, corn on the cob, eggplant, kohlrabi, plum tomatoes, sweet peppers, sweet potatoes, turnips

30 to 40 minutes: butternut squash, baking potatoes, rutabagas, new potatoes, celery

50 to 60 minutes: acorn squash, beets

This article was written by Patricia Mathis, USU Extension 4-H and Family and Consumer Sciences Educator in Wasatch County