

*Is someone in your family not exactly a fan of vegetables? You might want to try roasting the vegetables to bring out their sweetness. They can be enjoyed warm or cold.*

## Vegetable Roasting Guide

**Make perfect oven-roasted veggies every time with this easy how-to guide.**

**You can roast just about anything, but vegetables especially benefit from the high, dry heat of the oven. Their flavor becomes concentrated and their natural sugars caramelize, transforming them into richly satisfying sides. You can roast different veggies with similar cooking times together.**

- **Toss vegetables with olive oil prior to roasting.**
- **For easy clean-up, line a baking sheet with parchment paper (cut or fold to fit).**
- **Spread vegetables in a single layer onto baking sheet with space in between pieces, if possible, or they'll steam instead.**
- **Consider the seasoning tips below.**

Vegetable	How to Cut	Roasting Time at 450° F	Seasoning Possibilities
<b>Asparagus, 2 lbs.</b>	Trimmed	10 to 15 minutes	Sprinkle with 1 tsp. freshly grated lemon peel after roasting.
<b>Beets, 2 lbs. (without tops)</b>	Whole, unpeeled, pricked with a fork, then peeled after roasting	1 hour	Chop; sprinkle with salt, pepper, and 1 tsp. freshly grated orange peel after roasting.
<b>Broccoli, 2 lbs.</b>	Trim and peel stem; split florets into 1 1/2- to 2-in.-wide pieces	10 to 15 minutes	Sprinkle with 1 Tbsp. grated Cheddar cheese after roasting.
<b>Brussels sprouts, 2 lbs.</b>	Trim and halve through stem end	15 to 20 minutes	Sprinkle with salt and pepper and serve immediately.
<b>Butternut squash, 2 lbs.</b>	2-in. pieces	40 minutes	Toss with 1/2 tsp. dried rosemary, crumbled, before roasting.
<b>Carrots, 2 lbs.</b>	1-in. pieces	30 to 40 minutes	Toss with 1/2 tsp. pumpkin pie spice before serving.
<b>Cauliflower, 1 1/2 lbs. (1 medium)</b>	1 1/2-in. florets	20 to 30 minutes	Sprinkle with 2 Tbsp. chopped fresh parsley after roasting.

<b>Vegetable</b>	<b>How to Cut</b>	<b>Roasting Time at 450° F</b>	<b>Seasoning Possibilities</b>
<b>Eggplant, 2 lbs. (2 medium)</b>	1/2-in.-thick slices	20 to 25 minutes	Drizzle with 1 Tbsp. extra virgin olive oil after roasting.
<b>Fennel, 2 lbs. (2 large bulbs)</b>	Trimmed and each cut into 12 wedges	35 to 40 minutes	Sprinkle with 1/2 tsp. freshly grated orange peel after roasting.
<b>Green beans, 2 lbs.</b>	Trimmed	20 to 30 minutes	Toss with 2 Tbsp. each fresh lemon juice and chopped fresh dill after roasting.
<b>Onions, 2 lbs. (2 jumbo)</b>	Each cut into 12 wedges	20 to 30 minutes	Brush with mixture of 1 Tbsp. brown sugar, 1 tsp. cider vinegar; roast 5 minutes more.
<b>Potatoes, 2 lbs. unpeeled</b>	2-in. pieces	45 minutes	Sprinkle with 1/2 tsp. freshly grated orange peel after roasting.
<b>Sweet peppers, 2 lbs.</b>	1-in.-wide strips	30 minutes	Sprinkle with 3 large fresh basil leaves, thinly sliced, after roasting.
<b>Sweet potatoes, 2 lbs.</b>	Cut crosswise in half, then lengthwise into 1-in. wedges	30 minutes	Toss with 2 Tbsp. chopped fresh rosemary before roasting.
<b>Turnips, 2 lbs.</b>	Peeled and cut into 6 wedges	45 to 50 minutes	Toss with 1 Tbsp. fresh chopped mint after roasting.
<b>Zucchini, 2 lbs.</b>	Trimmed and cut in half crosswise, then each half quartered	15 to 20 minutes	Top with 1 Tbsp. freshly grated Parmesan.

Adapted from **Vegetable Roasting Guide** - <http://www.goodhousekeeping.com/food/cooking/oven-roasted-vegetables> , accessed May 7, 2010

