

# Roasting Vegetables Tips

According to the USDA MyPlate, eating vegetables provides health benefits – people who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for health and maintenance of your body. The key to getting your family to increase their vegetable intake is to serve them in a variety of tasty ways. One of the easiest and healthier ways to prepare them is to roast them in the oven. This cooking technique results in the flavor becoming more concentrated and the natural sugars will caramelize making the vegetables rich and satisfying. Experiment with combining different varieties of vegetables to create new family favorites.

Here are a few tips to help ensure your vegetables turn out appetizing and a hit with your family!

## **Always Roast in a Hot Oven**

Roast the vegetables in an oven set at 425 F. – 450 F. Vegetables cook quickly, anywhere from 10 to 45 minutes. They will brown evenly and nicely on the outside, but be tender on the inside. Toss the vegetables about every 10 minutes so they will brown evenly.

## **Cut the Vegetables Evenly**

Make sure and cut all the vegetables evenly and as close to the same size as possible. This is ensure they brown and cook more evenly.

## **Line the Pan**

Line your jelly roll pan with a sheet of parchment paper. This will prevent sticking to the bottom of the pan.

## **Don't Crowd the Pieces**

When placing the vegetables on the pan make sure and place them in a single layer, don't crowd them. If they are too close together they will steam instead of roast.

## **Use Oil Sparingly**

Use just enough oil to coat the vegetables when tossed in a bowl.

## **Spices**

Top your vegetables with your favorite herbs or spices. Rosemary, oregano, basil, parsley, salt, and pepper are all good choices, but don't be afraid to experiment with your favorites!

## Top it Off

After you take your roasted vegetables out of the oven, drizzle just a bit of olive oil on the top and another small sprinkle of salt (be mindful of your sodium intake!)

# Roasted Vegetable Melody

## Ingredients

- 1 large head of broccoli, florets chopped off the stalk
- 1 large head of cauliflower, florets chopped off the stalk
- 1 large yellow squash, sliced and then halved
- 1 large zucchini, sliced and then halved
- 1 cup cherry tomatoes, sliced in half
- 1 cup carrots, sliced
- 1 cup mushrooms, sliced
- ¼ cup olive oil
- 3 tsp. kosher salt
- 2 tsp. black pepper
- 1 tsp. minced garlic

## Instructions

1. Preheat oven to 425 degree Fahrenheit.
2. In a large bowl, gently toss the vegetables in the olive oil, kosher salt, black pepper and minced garlic.
3. Line two jelly roll pans with parchment paper. Divide the vegetables between the two pans, being careful not to overcrowd the vegetables.
4. Roast the vegetables for 35 to 40 minutes, carefully turning about every 10 minutes.
5. Remove from the oven. If desired, drizzle with a small amount of olive oil and sparingly sprinkle the top with kosher salt.

For further information: <http://www.cdc.gov/measles/index.html> or feel free to contact the AgriLife Extension Office at 903-473-4580 or visit us at [rains.agrilife.org](http://rains.agrilife.org). We are also on Facebook at [Facebook.com/pages/Rains-County-Family-Consumer-Sciences](https://www.facebook.com/pages/Rains-County-Family-Consumer-Sciences). Go and “Like” our page to keep up with the latest news, events, and programs offered by Family & Consumer Sciences in Rains County.

# Roasted Vegetable Guide

Vegetable	Preparation	Roasting Time at 450° F
<b>Asparagus - 2 pounds</b>	Ends trimmed	10 to 15 minutes
<b>Broccoli – 2 pounds</b>	Trim and peel the stems then split florets into 1 1/2- to 2-inch wide pieces	10 to 15 minutes
<b>Brussels sprouts – 2 pounds</b>	Trim and cut in halve through stem end	15 to 20 minutes
<b>Butternut squash – 2 pounds</b>	Cut into 2 inch pieces	40 minutes
<b>Carrots – 2 pounds</b>	Cut into 1 inch pieces	30 to 40 minutes
<b>Cauliflower – 1 medium</b>	Cut into 1 ½ inch florets	20 to 30 minutes
<b>Eggplant – 2 medium</b>	Cut into ½ inch thick slices	20 to 25 minutes
<b>Green beans – 2 pounds</b>	Trim ends	20 to 30 minutes
<b>Onions – 2 large</b>	Cut each one into 12 wedges	20 to 30 minutes
<b>Potatoes – 2 pounds</b>	Cut unpeeled potatoes into 2 inch pieces	45 minutes
<b>Squash – 2 pounds</b>	Trim ends and cut in half crosswise, then each half quartered	15 to 20 minutes
<b>Sweet peppers – 2 pounds</b>	Cut into 1 inch wide strips	30 minutes
<b>Sweet potatoes – 2 pounds</b>	Cut crosswise in half, then lengthwise into 1 inch wedges	30 minutes
<b>Zucchini – 2 pounds</b>	Trim ends and cut in half crosswise, then each half quartered	15 to 20 minutes