



Roasting Vegetables: A Simple Guide

Why roast vegetables?

Roasting brings out the natural sweetness of vegetables, adds flavor with minimal effort, and works well with simple pantry staples. Here are some examples of Vegetables that can be roasted:

Root Vegetables (cook longer)	Potatoes, sweet potatoes, carrots, beets, turnips, parsnips	Dense; take the longest to soften and brown.
Crispy / Cruciferous Vegetables	Broccoli, cauliflower, Brussels sprouts	Roast well at high heat; edges get crisp.
Soft / Quick-Cooking Vegetables	Zucchini, yellow squash, bell peppers, onions, asparagus, green beans	Cook fastest; add later if mixing with root vegetables.
All-Purpose Add-Ins	Garlic cloves, cherry tomatoes, mushrooms	Add flavor; cook quickly (10–20 min).



How to Prepare Before Roasting

1. Wash all vegetables thoroughly.
2. Cut into uniform, bite-sized pieces so they cook evenly.
3. Pat dry if they're damp — dry veggies roast better.
4. Toss vegetables in a small amount of oil (1 Tbsp for a large tray), and seasonings: add salt and pepper to taste, see guide on back for other suggestions.
5. Spread out in a single layer on a baking sheet — don't crowd them, or they'll steam instead of roast.

Oven Temperature & Cooking Times

Set oven to 400–450°F.

Vegetable Type	Time
Root Vegetables	30–45 min
Crispy Vegetables	20–35 min
Soft Vegetables	10–25 min

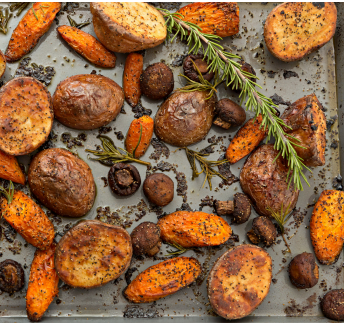


Start with a lower temp and quick cooking time. You can always increase the temp or cook longer.

Flip or stir vegetables halfway through cooking.

Vegetables are done when tender inside and browned on edges.

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Seasonings & Flavor Ideas

You don't need many ingredients to make tasty roasted vegetables.

Here are some optional seasonings to try:

Garlic	Adds aroma & depth	Smash whole cloves (skin on) if you don't have minced – less likely to burn.
Herbs (rosemary, thyme, oregano)	Gives a more complex flavor	Use dried if fresh isn't available.
Simple dressing	Adds moisture & flavor	For example: mix oil + lemon juice + Italian-style seasoning.
Parmesan	For a savory finish	Add in the last 5 min of cooking to add a little crisp and flavor.

Simple Tips:

- Mix veggies with similar cooking times, or start hard veggies first and add softer ones later.
- If you have very little oil, use just enough to lightly coat.
- Roasted vegetables keep up to 5 days in the fridge.
- Use leftovers in rice bowls, pasta, tacos, omelets, or soups.



Resources:

<https://www.myplate.gov/recipes/roasted-root-vegetables>
<https://snapedny.org/recipes/parmesan-roasted-asparagus/>
<https://www.thekitchn.com/how-to-roast-any-vegetable-101221>
<https://www.recipetineats.com/roasted-vegetables/>