

# Roasted Vegetables: A Delicious Dinner

Roasting vegetables is a delicious way to enhance flavor and texture of any vegetables. It is a simple, budget-friendly, and adaptable method to cooking a variety of vegetables. Follow these six simple steps for your next meal.

1. **Grab a rimmed baking sheet.** Line with foil or parchment paper for easy clean up (optional)!
2. **Preheat oven to 425°F.** Place the baking sheet in the oven as it preheats, so it is nice and hot for the vegetables!
3. **Rinse vegetables with cool water and pat dry.** Drying them is key to help crisp them in the oven.
4. **Cut vegetables to the same size and shape.** This helps for even cooking.
5. **Toss vegetables with oil to lightly coat (about 1-2 tablespoons).** Do not add too much oil as that will result in soft and soggy vegetables. Be sure to add your favorite seasonings too!
6. **Place cut vegetables on preheated baking sheet and roast until done.** Don't overcrowd the vegetables! If too crowded the vegetables won't crisp up.



## Recommended Roasting Times

Root vegetables (beets, potatoes, carrots)	30-45 minutes
Winter squash (butternut & acorn)	20-60 minutes
Crucifers (broccoli, cauliflower, Brussels sprouts)	15-25 minutes
Soft vegetables (zucchini, summer squash, bell)	10-20 minutes
Thin vegetables (asparagus & green beans)	10-20 minutes
Onions	30-45 minutes
Tomatoes	15-20 minutes

*Roasting times are based off 400-425F. Cooking times may vary based on size of vegetables and oven temperature.*

**Enjoy with a side of protein  
for a complete meal!**