

# Roasting Vegetables

Oven roasting is a simple and flavorful method to prepare a wide variety of vegetables. You can roast just one type of vegetable, or create a mixed vegetable medley. The variety is endless with different combinations of vegetables, oils, spices, herbs, and Yum-ify toppers!

## What you'll need:

- Chef knife
- Paring knife
- Vegetable peeler
- Flexible cutting sheet/cutting board
- Sheet pan with sides

## Pantry essentials:

- Oil for roasting (olive, canola, coconut, or avocado)
- Salt
- Pepper

## Directions for oven roasting:

1. Preheat your oven to 400 degrees F.
2. Wash all produce and dry with a clean towel. Peel if needed.
3. Chop vegetables into uniform pieces so they will cook at the same rate.
4. Add vegetables to a sheet pan and drizzle with oil. Use your hands to mix and make sure all the veggies get a light coating of oil!
5. Spread vegetables out evenly, making sure that each of the pieces are touching the surface of the pan, and season with salt and pepper.
6. Roast in the oven for 30 minutes to 1 hour, checking halfway through, until veggies are cooked through and browned.

## Soft veggies vs. hard veggies:

- Squash
- Zucchini
- Eggplant
- Bell peppers
- Green beans
- Asparagus
- Mushrooms
- Snap peas
- Snow peas
- Onion

- Broccoli
- Cauliflower
- Carrots
- Turnips
- Beets
- Brussels sprouts
- Potatoes
- Sweet potatoes
- Butternut squash



Softer veggies cook more quickly than hard veggies, and larger pieces will cook longer than smaller pieces. Make sure to stir the veggies around halfway through the cooking time. This will help them get that toasty, roasty, tasty browning on all sides. If roasting two trays of vegetables, swap the lower and upper racks to make sure they cook is evenly.

# Spice Up Your Veggies!

Depending on the vegetables you are cooking, you can decide on a flavor profile and add spices and herbs before roasting. Here are some of our favorite herbs and spices!

- Thyme
- Rosemary
- Parsley
- Oregano
- Basil
- Tarragon
- Coriander
- Cumin
- Dill
- Garlic
- Ginger
- Curry
- Turmeric
- Chili powder
- Cinnamon

## Add Yum-ify toppings!

- Sunflower seeds
- Pepitas
- Sesame seeds
- Parmesan cheese
- Goat cheese
- Feta
- Citrus juice
- Citrus zest
- Vinegar

**Look on [doctoryum.org](http://doctoryum.org) for more roasted veggie recipes!**



- Roasted Vegetables with Quinoa
  - Butternut Squash with Cranberries
  - Cornmeal Dusted Okra & Potatoes
  - Roasted Brussels Sprouts & Carrots
  - Heart Healthy Roasted Veggies
  - Winter Quinoa Salad
  - Hannah's Roasted Asparagus
  - Roasted Balsamic Beets
  - Roasted Mixed Potatoes
  - Sweet Potato & Black Bean Bake
- & more!**