

Cathy Dyer

NDTR

Integrative Family Nutrition Coach

cathyd@cathydyer.com

919.924.5739



# HOW TO: ROAST ANY VEGETABLE

Kids love vegetables when they are roasted. Introduce new vegetables to your child by roasting them. The preparation is easy, and the seasonings can be adjusted to please any family. No recipe required.

- ♥ **Preheat your oven to 425°F**
- ♥ **Cut your vegetables into bite-size or slightly larger pieces**
- ♥ **Toss the vegetables with a good-tasting oil and salt**

Tossing with your hands works best (kids love to help with this!). Add just enough oil to give each piece of vegetable a slick coating. Mild flavored olive oil works great. Not only does the oil add wonderful flavor, it helps the vegetables crisp up and cook evenly. Once the vegetables are coated in oil, toss them with salt so that each piece gets a little. You can also add black pepper, other seasonings, or a few smashed cloves of garlic.

- ♥ **Spread the vegetables out on a baking sheet**

Leave some room between the pieces so they roast. Vegetables piled on top of each other will steam instead of roasting. If you want an easier clean-up, line your baking sheet with tinfoil or parchment paper.

- ♥ **Roast until fork-tender and charred (mmmm!)**

Stir every 10 minutes or so to keep the cooking and crisping even. The charred bits make the vegetables taste so good!

## General Roasting Times

(roasting time depends on how small you cut the vegetables)

root vegetables & tubers	potatoes, sweet potatoes, carrots, beets	30-45 minutes
winter squash	acorn, butternut	20-60 minutes
eggplant		35-40 minutes
onions		30-45 minutes
crucifers	brussels sprouts, broccoli, cauliflower	15-25 minutes
tomatoes		15-20 minutes
soft vegetables	summer squash, zucchini, bell peppers	10-25 minutes
thin vegetables	asparagus, green beans	10-20 minutes

- ♥ **Making mixed roast vegetable dishes**

You can combine vegetables with different cooking times by either roasting them on separate sheets and combining just before serving, or you can add vegetables to your pan in stages during roasting (just be careful not to overcrowd your pan).