

How to Roast Vegetables

- Pre-heat oven to 400° F
- Cut all the vegetables to a similar size to ensure they cook at the same rate. Foods that are cut smaller will cook faster.
- Sprinkle vegetables with a little bit of oil, just enough to lightly coat each vegetable.
- Add any seasonings you want and mix them all together.
- Spread them out on a sheet pan with plenty of room for the vegetables to spread out in a single layer.
- Place in pre-heated oven.
- Different types of vegetables cook at different rates no matter the size. There are three methods of dealing with this issue:



Roast Individually

For this method roast the different vegetables separately from each other and mix them later.

This method takes the most time and runs the risk of your foods getting cold. It is useful when cooking very large amounts.



Pair Groups

Some types of vegetables cook at the same rate.

You can pair these vegetables up and cook them at the same time.

This method is one of the faster and simpler methods, however, it does limit the types of vegetables you roast.



Roast in Stages

For this method you roast all of your vegetables at different times. You start with the ones that take the longest and add others during roasting

This method lets you cook all of your vegetables in one pan but does take more work.



Vegetable Roast Times

45 minutes: Hard vegetables (potatoes, carrots, turnips, etc.)

15 minutes: cruciferous vegetables (broccoli, cauliflower, and Brussels sprouts)

10 – 15 minutes: Soft vegetables (tomatoes, zucchini, peppers, asparagus, etc.)