

7 Ways {Roasted Vegetables}

Roasting vegetables are great to get even the pickiest of eaters to enjoy veggies! Once roasted, they impart a delicious caramelized flavor that will have you craving them at every meal.

The basics: chop or slice vegetables into bite size or bigger pieces (all roughly the same size) and place in a large mixing bowl. Add 1-3 Tbsp of olive oil (depending on amount) + sea salt + pepper. Toss well and lay out on roasting pan or cookie sheet. Roast at 450-475 F for the designated time below, toss once during cooking.*

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| Acorn squash | 18-20 minutes |
| Asparagus | 10-15 minutes |
| Bell peppers | 20-25 minutes |
| Brussels sprouts | 20-25 minutes |
| Butternut squash | 25-35 minutes |
| Carrots | 20-30 minutes |
| Cauliflower and broccoli | 15-20 minutes |
| Cherry tomatoes | 12-15 minutes |
| Eggplant | 20-25 minutes |
| Fennel | 25-30 minutes |
| Garlic, Onion | 15-20 minutes |
| Parsnip, Potato, Rutabaga | 25-45 minutes |
| Green beans | 20-25 minutes |
| Zucchini and yellow squash | 8-12 minutes |

In addition to the oil, salt and pepper, vegetables will taste great with these added seasonings:

Chili powder
Ground cumin
Thyme
Garlic powder
Rosemary
Basil
Oregano
Tarragon
Cinnamon and ginger (great with winter squash and carrots)

I also love buying spice blends that do most of the seasoning work for you!

**Ovens vary. You may need to experiment with temperatures in your oven to get the best result!*