

# [Non-Recipe] Recipe: Roasted Vegetables

Four simple steps to perfectly roasted vegetables every time!



## 1. Prep

- Wash and dry your vegetables. *Wet vegetables will steam instead of roast in the oven, which is not nearly as flavorful.*
- Cut vegetables into similar size pieces. *Uniform sizes allows for even cooking.*

## 2. Toss & Season

- Toss vegetables in a drizzle of olive or avocado oil. *Use just enough oil so the vegetables are glossy but not so much that it is pooling at the bottom of your bowl.*
- Generously season with salt and pepper. *Keep it simple – salt and pepper are really all you need!*

## 3. Give Them Space

- Arrange seasoned vegetables on a baking sheet and make sure they don't overlap. *Use more than one baking sheet if you need to. Overcrowding the pan results in soggy vegetables.*

## 4. Roast and Toast

- Cook your vegetables at 425° F in the oven. *See chart below for estimated cooking times.*
- Flip vegetables halfway through their cooking time for even browning. *Roast until you see toasted bits – toasted bits are what make roasted vegetables taste so good!*

VEGETABLE	ESTIMATED COOKING TIME AT 425°F
Root vegetables (beets, potatoes, carrots)	30-45 minutes (depending on how small it is cut)
Winter squash (butternut squash, acorn squash)	20-60 minutes (depending on how small it is cut)
Crucifers (broccoli, cauliflower, brussels sprouts)	15-25 minutes
Soft vegetables (zucchini, summer squash, peppers)	10-20 minutes
Thin vegetables (asparagus, green beans)	10-20 minutes
Onions	30-45 minutes (depending on desired crispiness)
Tomatoes	15-20 minutes

## Sources:

- [How to Roast Any Vegetable](#)
- [Tips & Tricks: Perfect Roasted Vegetables](#)

healthmatters.idaho.gov

