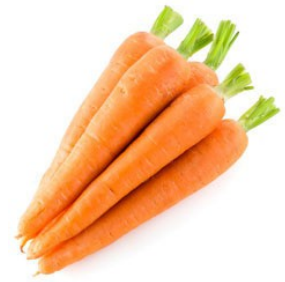




# ROAST VEGGIES



## HOW TO MAKE ROAST VEGGIES

1. Preheat oven to 425° Fahrenheit.
2. Line a heavy duty baking sheet with parchment paper or a silicone baking mat.
3. Prepare veggies as necessary (see chart below). If using frozen veggies, allow to thaw first.
4. Melt some butter with seasonings (salt, pepper, spices). Toss the veggies in the butter until well coated.
5. Spread the veggies evenly over baking sheet. If sparse, line them up along the edges of the pan.
6. Bake as indicated below or until edges of the veggies reach the desired caramelization (brownness).

VEGGIE	PREPARATION	ROASTING TIME
acorn squash	Cut into 1-inch chunks.	20 to 40 minutes
artichokes	Use serrated knife to trim stem and cut 1 inch off top. Squeeze lemon juice over cut edges to prevent browning. Wrap in foil and roast whole.	1 hour 30 minutes
asparagus	Trim woody ends. Leave whole or cut into 1-inch chunks.	10 to 20 minutes
beets	Peel. Trim root and shoot ends. Cut into 1-inch chunks.	30 to 40 minutes
broccoli	Cut into 1-inch florets.	15 to 25 minutes
brussels sprouts	Leave whole.	15 to 30 minutes
butternut squash	Cut into 1-inch chunks.	20 to 40 minutes
carrots	Peel. Cut into 1-inch chunks.	30 to 50 minutes
cauliflower	Cut into 1-inch florets.	15 to 25 minutes
eggplant	Cut into ½-inch thick slices.	15 to 20 minutes
fennel	Trim root and shoot ends. Cut into wedges.	30 to 50 minutes
green beans	Trim ends. Cut into 2-inch pieces.	15 to 20 minutes
onions	Peel and cut into wedges.	30 to 45 minutes
peppers	Core and remove seeds. Cut into ¼-inch strips.	15 to 20 minutes
summer squash	Leave whole or cut into chunks.	10 to 25 minutes
sweet potatoes	Peel or don't peel. Cut into strips or 1-inch chunks.	35 to 50 minutes
tomatoes	Trim ends. Halve.	15 to 25 minutes
winter squash	Cut into 1-inch chunks.	20 to 40 minutes
zucchini	Leave whole or cut into chunks.	10 to 25 minutes