



Vegetables	Olive Oil	Seasonings
1-2 pounds	1-2 Tbsp	1-2 tsp

General Roasting Times (times vary based on size of vegetable chunks)	
30-45 minutes	Root Vegetables: Beets, Potatoes, Carrots, Sweet Potatoes, Turnips, Radishes, Fennel, Rutabaga, Parsnips, Onions
20-60 minutes	Winter Squash: Butternut, Acorn, Hubbard, Pie Pumpkin, Buttercup, Delicata
15-20 minutes	Crucifers: Broccoli, Cauliflower, Brussels Sprouts, Cabbage, Bok Choy Tomatoes, Garlic Cloves
10-20 minutes	Soft Vegetables: Zucchini, Summer Squash, Bell Peppers Thin Vegetables: Asparagus, Green Beans

Seasonings	Salt, Pepper, Garlic Powder, Paprika, Cayenne, Ground Coriander, Rosemary, Onion Powder, Turmeric, Red Pepper Flakes, Oregano, Curry
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Directions:

1. Heat the oven to 425°F with a rack in the middle position.
2. Peel the veggies if desired, then cut into uniform pieces so they cook evenly. Pat them dry; the drier the vegetable, the better it will roast.
3. Transfer veggies to a large bowl. Add oil and seasonings - toss to combine. Add more oil if veggies still look dry or don't seem evenly coated.
4. Spread out on a baking sheet in a single layer - not overly crowded.
5. Roast until tender, stirring every 10-15 minutes. Veggies should have crispy, charred bits at the tips and edges when done.
6. Serve immediately; sprinkle with additional seasonings if needed.

Tips to Delicious Roasted Vegetables:

- Use enough oil to give the vegetables a slick, glossy coating, but not so much that you have puddles in the bottom of your bowl
- Be generous with your seasonings, sprinkling some on every piece
- There should be a bit of space around the veggies on the baking sheets - crowding will make the vegetables steam instead of roast
- Softer vegetables cook more quickly, while harder vegetables will cook more slowly. Smaller pieces will also cook more quickly than larger pieces
- If you're roasting a new-to-you vegetable, start checking after about 15 minutes, and keep roasting until you see charred bits.

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This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office.

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