Smart Life Guide to Roasted Vegetables

Steps to Roasting Success:

1. **Preheat Well**: Give your oven 20 minutes or more to reach 450 degrees F.
2. **Cook Like with Like**: Use vegetables with similar cooking times on the same baking sheet.
3. **Use Just Enough Oil**: Too much oil may cause burning. I like to mix my oil with vegetable broth.
4. **Give Veggies Plenty of Room**: Arrange veggies in a single layer with space between them. Space is key to keeping the hot air circulating around and browning vegetables not just heating them and letting them steam in their juices.

Add Seasoning Last: Minced garlic, fresh herbs, dried spices and sweeteners can burn at high heat. Stir them into vegetables just before serving – the heat of the vegetables is enough to release their flavors and aromas.

5-10 Minutes	10-15 Minutes	15-20 Minutes	20-25 Minutes	25-30 Minutes
Asparagus spears, trimmed	Brussels Sprouts, halved	Broccoli florets	Carrot chunks	Potato chunks
	Whole Okra pods	Whole cherry tomatoes	Cauliflower florets	Rutabaga cubes
		Whole green beans	Eggplant cubes	Turnip cubes
		Mushrooms (button, shiitake, Portobello)	Fennel chunks	Winter Squash, halved
		Summer Squash slices or chunks	Mushrooms (wild, oyster, trumpet)	Celery root cubes
		Winter Squash chunks	Parsnip chunks	
		Zucchini chunks	Sweet Potato cubes	

Mediterranean Medley

Toss 2 cups zucchini chunks, 1 cup eggplant chunks, 2 cups

cherry tomatoes, and 1 cup sliced sweet onions with 2 Tbs. olive oil and 1 Tbs vegetable broth. Spread vegetables on 2 baking sheets and roast 15 to 20 minutes. Transfer to serving dish and toss with 1Tbs. herbs de Provence and 1 tsp. minced garlic. Season with sea salt and pepper to taste.