

VEGGIE ROASTING CHART



GENERAL ROASTING GUIDELINES:

TEMPERATURE

Different temperatures can work best for different veggies, but 375°F is usually great for most vegetables.

CHOPPING

The smaller you chop a vegetable, the quicker it will cook. If time isn't a factor, have fun with chopping, and always use safe knife skills.

PREPARING

Drizzle vegetables with extra virgin olive oil or avocado oil. Sprinkle with salt and pepper, along with any other herbs you'd like to use. Spread out the vegetables on a baking sheet, making sure they have enough room - no overcrowding.

ROASTING

Roast until the vegetables are tender enough to pierce with a fork and some of the edges are slightly browned. Softer vegetables cook more quickly, while harder vegetables like potatoes will cook more slowly. Smaller pieces will also cook more quickly than larger pieces. If you're roasting a new vegetable, start checking after about 15 minutes, and keep roasting until you see the edges turning brown.