

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Roasted Vegetables

This is a delicious way to cook vegetables that everyone will love. Virtually any vegetable be cooked in this way – peppers, cauliflower, broccoli, carrots, potatoes, green beans, squash - and it couldn't be easier. Just place bite-size vegetables on a baking sheet, toss with olive oil, season with herbs and spices, and pop into a hot oven. Serve them hot as a side dish or cold in a salad.

Ingredients:

1 to 2 pounds any vegetable, cut into bite-size pieces
1-2 tablespoons olive oil
¼ teaspoon each salt and ground pepper

Other seasonings:

1-2 teaspoons minced garlic
1-2 teaspoons dried herbs such as thyme, basil, rosemary (double the amount if using fresh herbs)
½ -1 teaspoon spices such as curry powder, onion powder, garlic powder, Mrs. Dash® salt-free seasoning

Directions:

1. Heat oven to 425 degrees.
2. Place vegetables on a baking sheet. Toss with olive oil, salt and pepper (and any other seasonings).
3. Spread out into a single layer; do not over crowd the pan or the vegetables will steam and not roast.
4. Place into oven, stir every 10-15 minutes. Roast approximately 20-40 minutes until tender, slightly browned, and easily pierced with a fork.

General Roasting Times for Vegetables

- Hard root vegetables (carrots, beets, potatoes): 30-45 minutes
- Winter squash (butternut, acorn): 20-40 minutes
- Crucifers (broccoli, cauliflower, Brussels sprouts): 20-25 minutes
- Softer vegetables (zucchini, peppers, green beans): 15-20 minutes
- Tomatoes: 15-20 minutes