



Roasted Vegetables

Recipe Source: www.thekitchn.com

Serves 4

Ingredients:

2 lbs any vegetable
1 Tbsp olive oil
1 tsp salt
¼ tsp black pepper

Steps:

- Heat oven to 450°F. Line 1-2 baking sheet pans with foil or parchment paper for easier clean-up. Set aside.
- Wash vegetables, patting dry to remove excess moisture if necessary. The dryer the vegetable the better it will roast.
- Chop your vegetables into uniform sizes. Smaller pieces will cook more quickly, larger pieces will take longer.
- In a large mixing bowl, toss the vegetables with the oil, salt, and pepper until evenly coated. Hands work best for this step.
- Spread vegetables evenly onto baking sheets, in a single layer, leaving space in between to help with browning.
- Roast vegetables until tender and browned in places, stirring at least once halfway through, rotating pans between racks if using more than one pan. Cooking time will vary depending on type and size of vegetable.

Tips from the Test Kitchen: Consider mixing multiple vegetables together – broccoli, cauliflower, and carrots; zucchini, onion, and red pepper; cabbage, carrots, and green beans; mushrooms and asparagus; brussels sprouts and onion. If cooking all together, be sure to chop vegetables that need more cooking time smaller, such as sweet potatoes, and leave the faster-cooking vegetables in larger pieces. Try adding different herbs and seasonings such as lemon zest, oregano, garlic powder, and crushed red pepper. Cold roasted vegetables also make a great addition to green salads with balsamic vinaigrette!

Nutritional Facts (Per Serving): Calories: 69, Carbohydrates: 7 grams, Protein: 3 grams, Total Fat: 4 grams, Saturated Fat: 0.75 grams, Cholesterol: 0 mg, Sodium: 600 mg, Fiber: 2 grams, Sugars: 5 grams.