

Roasted Vegetables

Ingredients

- 1 to 2 pounds any vegetables
- 1 tablespoon olive oil
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

Instructions

- Arrange a rack in the middle of the oven and heat the oven to 425°F.
- Peel 1 to 2 pounds vegetables, if desired, then cut into uniform pieces so they cook evenly. Smaller pieces will cook more quickly; larger pieces will take a bit longer to cook. If your vegetables still have some moisture after washing, be sure to pat them as dry as possible; the drier the vegetable, the better it will roast.
- Toss the vegetables with olive oil and season. Transfer the vegetables to a large bowl. Add 1 tablespoon olive oil, 1 teaspoon kosher salt, and 1/4 teaspoon black pepper. Toss to combine. Add more oil if the vegetables still look dry or don't seem evenly coated.
- Spread the vegetables out on a rimmed baking sheet, in an oven-proof skillet or in a baking dish. Make sure they are in a single layer with a little space in between. If they are too crowded, the vegetables will steam instead of roast.
- Estimate your cooking time. In general, softer vegetables, such as green beans and cauliflower, will cook in 10 to 20 minutes. Tough, hard vegetables, such as winter squash and potatoes, will take 30 minutes or longer. Large pieces will also take longer to cook than smaller pieces.
- Place the vegetables in the oven. Check and stir the vegetables every 10 to 15 minutes. Continue roasting until the vegetables are easily pierced with a fork or knife and they are showing crispy, charred bits at the tips and edges.

General Roasting Times for Vegetables at 425°F:

Root vegetables (beets, potatoes, carrots): 30 to 45 minutes

Winter squash (butternut squash, acorn squash): 20 to 60 minutes

Crucifers (broccoli, cauliflower, Brussels sprouts): 15 to 25 minutes

Soft vegetables (zucchini, summer squash, bell peppers): 10 to 20 minutes

Thin vegetables (asparagus, green beans): 10 to 20 minutes

Onions: 30 to 45 minutes, depending on how crispy you like them

Tomatoes: 15 to 20 minutes

Nutrition information will vary depending on what types of vegetables are used, but in general, this is a low-calorie and high-fiber dish,

Adapted from The Kitchen

