

ROASTED VEGGIES

ROASTED VEGGIES

INGREDIENTS:

- 1-2 pounds of broccoli and/or cauliflower
- 2-3 tablespoons olive oil
- 1 teaspoon salt
- 1/2 teaspoon pepper

INSTRUCTIONS:

1. Preheat oven to 400°F.
2. Cut or tear vegetables into chunks.
3. In a mixing bowl, mix vegetables, olive oil, and salt and pepper.
4. Lay vegetables on a baking sheet and roast for 20 minutes. Do not overcrowd the veggies. If needed, use a second baking sheet.

NOTES

TIP

Experiment with different types of vegetables! Similar sizes and types of vegetables will cook for a similar amount of time.

When chopping the vegetables, try and cut them into approximately the same size.

When choosing vegetables, the hardness will affect cooking time in a 400°F oven for bite-sized pieces:

SOFT: 15 minutes

- Zucchini
- Asparagus

MEDIUM: 20-25 minutes

- Bell peppers
- Broccoli
- Cauliflower
- Brussels Sprouts

HARD: 30 minutes

- Carrots
- Potatoes

explore.eat.enjoy.

