

ROASTED VEGGIES



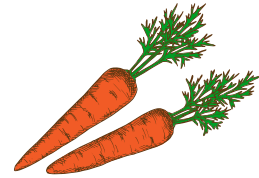
1. Preheat your sheet pan at 400 F.

To get that nice browned edge, roast your veggies on a pre-heated pan.



2. Cut vegetables in equal size.

Try to keep them around 1-inch so they cook evenly, or if you are cooking things together that you know cook at different rates, cut the faster cooking veggies a little larger.



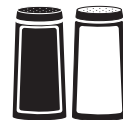
3. Toss them with oil.

Oil is a necessary to get a caramelized edge. Options include avocado oil, olive oil or coconut oil. Use about 1 Tbs. per pound. Toss in a large bowl.



4. Season with salt & pepper.

Season with salt and pepper. Add other dried spices or dried herbs if desired. Most *fresh* herbs should be added at the end after veggies are out of the oven.



5. Don't overcrowd the pan.

Veggies will steam instead of roast if you pack them too tightly. Leave plenty of breathing room.



6. Roast at 400 F for 20-45 minutes.

High heat is required for roasting. Cook heartier veggies longer than more delicate ones. Look for crispy brown exterior and fork tender interior.



7. Stir the veggies halfway through cooking.

ROAST: Beets, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Eggplant, Fennel, Garlic, Green Beans, Kohlrabi, Onions, Peppers, Potatoes, Radishes, Sweet Potatoes, Tomatoes, Turnips, Winter Squash, Zucchini