



# ROAST IT!



Roasting is an easy way to bring out the natural sweetness and other natural flavors in most types of vegetables. All you need is an oven, sheet pan, oil, and seasonings of your choice.

## BASIC STEPS FOR ROASTING VEGETABLES



1. Preheat oven to 375°F. Choose "convection" setting if this option is available. Line a sheet pan with foil and set aside.
2. Wash vegetables and cut into medium (1/2") or large-sized (1") pieces. For even cooking, all vegetables should be the same size.
3. In a bowl, toss vegetables in a bit of oil, a pinch of salt, a sprinkle of black pepper, and any fresh or dried herbs and spices, if desired.
4. Add vegetables to the foil-lined sheet pan. For best flavor, allow for a little space between each vegetable so that everything cooks evenly. If you are roasting a lot of vegetables at once, you may need to use two pans.
5. Place the pan in the oven. Do not use a lid or foil to cover foods while roasting—this will create steam and prevent the vegetables from roasting.
6. Roast for 20-40 minutes until the vegetables are beginning to brown (caramelize) and soften.

Remove from oven and serve as is, or add a bit of vinegar or citrus juice for extra flavor, if desired.



**TIP:** Some ovens offer a "convection" setting, which blows hot air around the food so that it cooks faster and more evenly. You can still roast foods in your oven with the regular "baking" setting, they just might take a few more minutes to cook.

### COOKING TIMES

Less (~20 minutes)

More (~40 minutes)

asparagus, mushrooms, tomatoes  
 onions, yellow squash, zucchini  
 broccoli, cauliflower, cabbage, Brussels sprouts  
 sweet potatoes, potatoes  
 acorn squash, butternut squash  
 beets, parsnips, turnips, carrots



The type and size of the vegetable will determine the roasting time needed.



< Watch this cooking method.



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**OKLAHOMA**  
DUO FOR HEALTH

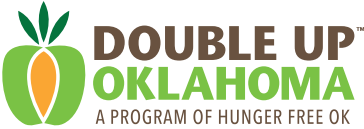
## MEAL IDEAS FOR ROASTED VEGGIES:

1. Serve roasted vegetables with steamed grains and canned beans for a delicious "bowl" meal. Drizzle with your favorite vinaigrette if desired.

2. Use leftover roasted vegetables in tacos or quesadillas or on top of green salads for a punch of texture and flavor.

3. Add roasted vegetables to your favorite pasta sauce.

4. Create an easy, hearty soup with roasted vegetables, broth, and canned beans.



The Double Up Oklahoma (DUO) program provides Supplemental Nutrition Assistance Program (SNAP) beneficiaries with a \$1 for \$1 match, up to \$20 per day, to purchase healthy, fresh fruits and vegetables at participating farmers markets and grocery stores in Oklahoma. DUO for Health partners with

Oklahoma physicians and other health care providers to help spread the word to their patients about the health benefits of eating more fruits and vegetables. Visit [DoubleUpOklahoma.org](https://DoubleUpOklahoma.org) to find a DUO-participating farmers market or grocery store location near you.



This content was developed by the OU Culinary Medicine Program and professionally reviewed by a registered dietitian to ensure it aligns with dietary guidelines for people living with type 2 diabetes and cardiovascular disease. For more help with a personalized meal plan based on your health goals, you can ask your provider for a referral to see a registered dietitian.

## Looking for more healthy eating resources?

Scan the QR codes below with your phone's camera for free information.



Learn Safe Knife Skills for Fruits, Vegetables, and Fresh Herbs



Explore More Family-Friendly Recipe Ideas



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