



VIBRANT HEALTH INTEGRATIVE NUTRITION

Simply Roasted Vegetables

EAT YOUR VEGETABLES!

But how? You may be asking, especially if you are not a lover of nature's best food—filled with health-promoting phytonutrients—those colorful compounds that do everything from preventing and repairing cell damage to supplying us with a vast array of vitamins and nutrients. *Roasting* is the answer. And this recipe is meant to guide you in creating your own favorite "go-to" vegetable magic.



YOU WILL NEED

* **YOUR CHOSEN VEGETABLE(S)** - Choose vegetables that require similar cooking times for your batch of roasted vegetables. This is dependent on the size and density of the vegetables.

- *Softer and quicker roasting vegetables* include asparagus, green beans, peppers, leeks, onions, zucchini, mushrooms, and tomatoes. These will roast up the fastest; anywhere from 15-25 minutes in a 425 F oven.
- *The cruciferous family vegetables* will take a little longer: cauliflower, broccoli, broccolini, and brussels sprouts; from 25- 45 minutes.
- *Root vegetables* take the longest to roast: potatoes (of all colors and varieties), carrots, parsnips, beets, rutabagas, turnips, celery root, yuca root, and plantains; from 40-60 minutes.
- *Squashes* of all varieties are a delicious choice: butternut, acorn, pumpkin, delicata (skin is edible), spaghetti, hubbard, kabocha, and winter squashes; from 25- 60 minutes.

* 2 tbsp avocado or olive oil

* 1/2 tsp salt and a pinch of pepper

* 1/2 tsp of dried herbs of your choice: thyme, oregano, rosemary (optional)

INSTRUCTIONS

- * Preheat oven to 425 F
- * Chop vegetables into similar sizes and pieces. You may wish to leave asparagus intact, just cutting off the woody ends. Root vegetables, squashes, cauliflower, brussels sprouts, and other vegetables can be cut into florets and cubes of your desired shapes and sizes. The more surface area available to the heat of your oven, the more caramelized and crunchy goodness will result.
- * Spread vegetables evenly onto a parchment lined baking sheet, or a lightly oiled pyrex or ceramic baking pan.
- * Drizzle oil over vegetables; Sprinkle with salt, pepper, and herbs.
- * Using your hands, toss mixture until well combined. (Alternatively, place the vegetables in a large bowl, mixing with oil, salt, pepper, and herbs *before* spreading out into the pan.)
- * Now you are ready to roast! Make sure the vegetable are spread out nicely in the pan, and are not overcrowded. They may be lightly touching, but should be in one even layer.
- * For roasting times, please use the guide above. The most important thing to keep in mind is that total roasting time will vary from oven to oven. Make note of how long it takes in your oven to roast your creation, and save this info for next time. Toss the vegetables with a spatula about halfway through. Roast until they have reached the desired texture, crunchiness, and toasted yumminess for your palate.



Batch cooking!

If you have leftovers, divide them into small containers that you can "grab and go" for snacks or for part of your meals during the day. Your palate will come to crave the roasted, tasty vegetables. To spark them up, put a lime or lemon wedge in the container to squeeze just before you eat, add a crunch of your favorite nuts or seeds (sunflower seeds are especially good), or drizzle with a bit of your favorite sauce (hot sauce, salad dressing, tahini, tzatziki).

Leftover vegetables can also be used in omelets, stir fry meals, sandwiches, or however you feel called to use them. The sky is the limit. "Cook once, eat twice" (or 3 or 4 times) is an adage I live by. The most important thing is to get your vegetables in. But to *love them*, along the way.