

Perfectly Roasted:

A Guide to Flavorful Vegetables

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Roasting vegetables is one of the easiest (and tastiest) ways to bring out their natural flavor. They make a delicious side dish or can be tossed into salads, grain bowls, pasta and more. The best part? You don't need a detailed recipe every time—just a few simple tips can help you get delicious results. This guide will walk you through some of the best veggies for roasting and share easy techniques to make sure every dish turns out full of flavor.



Peppers

- Oven temperature: 425°F
- Cook time: 15 to 20 minutes
- Toss in oil and season with paprika and ground cumin



Zucchini, summer squash and tomatoes

- Oven temperature: 425°F
- Cook time: 15 to 30 minutes
- Toss in oil and season with dried basil and grated Parmesan cheese



Broccoli and cauliflower

- Oven temperature: 425°F
- Cook time: 20 to 35 minutes
- Toss in oil and season with onion powder and Italian seasoning



Butternut squash

- Oven temperature: 425°F
- Cook time: 25 to 40 minutes
- Toss in oil and season with ground cinnamon and ground cumin



Carrots

- Oven temperature: 425°F
- Cook time: 25 to 40 minutes
- Toss in oil and season with dried thyme and fresh rosemary



White and sweet potatoes

- Oven temperature: 425°F
- Cook time: 30 to 40 minutes
- Toss in oil and season with garlic powder and a little ground cayenne pepper

STEP-BY-STEP

Guide to Roasting Vegetables



Fresh and frozen vegetables are both great choices for roasting, but you'll want to treat them a little differently for the best roasting results. With these essential tips, both can turn out perfectly.

Roasting fresh veggies

- 1. Prep the veggies**
 - Wash and dry them thoroughly. Too much moisture can cause the veggies to steam instead of roast.
 - Chop or slice them into similar sizes so they cook more evenly.
- 2. Season the veggies**
 - Drizzle, spray or toss veggies with olive oil.
 - Season with spices or a simple mix of salt and pepper.
- 3. Arrange the veggies on a baking sheet**
 - Line a baking sheet with parchment paper or a silicone mat to prevent sticking and to make cleanup easier.
 - Spread the veggies in a single layer, leaving space in between.
- 4. Roast the veggies**
 - Cook times vary.
 - Softer veggies, like bell peppers, zucchini and green beans, typically take 15 to 30 minutes.
 - Denser veggies, like carrots, Brussels sprouts and potatoes, typically take 25 to 40 minutes.
 - Halfway through roasting, flip the veggies with a spatula.
- 5. Check for doneness**
 - Veggies are done when they're golden brown and fork tender.
- 6. Add optional finishing touches**
 - After roasting, add lemon juice, fresh herbs, balsamic vinegar and/or Parmesan cheese.

Roasting frozen veggies

Frozen veggies are an affordable, nutritious alternative to fresh veggies. Choose plain varieties without added seasonings or sauces so you can control the ingredients and flavors.

- 1.** Preheat the oven and baking sheet to 425°F. Preheating the baking sheet helps the veggies get crispy instead of steaming them, as frozen veggies contain more water than fresh veggies.
- 2.** Toss frozen veggies in oil.
- 3.** Arrange the veggies in a single layer on the preheated baking sheet. Be sure to wear oven mitts to avoid burns.
- 4.** Halfway through roasting, toss the veggies with your desired seasonings. The seasoning sticks better if added once the veggies have thawed a bit.
- 5.** Roast softer veggies for 15 to 30 minutes and denser veggies for 25 to 40 minutes. Veggies are done when they're golden brown and fork tender.



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