Roasted Vegetables:

Vegetable “skeptics” will become vegetable “lovers” after trying this recipe. Roasting intensifies the natural sweetness in vegetables and gives them a crisp, delicious outside.

### Ingredients

- Carrots
- Potatoes
- Turnips
- Rutabagas
- Beets
- Sweet potatoes
- Onions
- Peppers
- Winter squash (peeled)
- Broccoli

- Olive oil
- Salt
- Pepper

### Directions

Scrub any combination of vegetables well – peeling is optional. Cut vegetables into fairly uniform chunks, slices or strips. The size is up to you but remember that smaller pieces (~1 inch) will cook more quickly. Do not overcrowd pan; vegetables should be in a single layer.

Preheat oven to 400 degrees. Lightly coat a large roasting pan with olive oil. Add prepared vegetables. Drizzle with a small amount of olive oil and salt/pepper to taste. Toss with hands until uniformly coated. Roast in oven for 30-50 minutes (or until fork-tender and medium golden-brown), turning vegetables with spatula every 10-15 minutes. Adjust seasonings and serve immediately.

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**Chef’s Tip**

Other awesome veggies not listed that you could use are parsnips, whole green beans, eggplant, cauliflower, Brussels sprouts, and asparagus.

Amp up the flavor by adding fresh thyme and rosemary!

*Recipe provided by Tamara Steinitz, USU dietetics professor.*