



Roasting Vegetables

How to:

First, Cut vegetables into equal sized pieces

Tip: equal sized pieces ensures equal cooking for vegetables

Second, Toss with canola or olive oil

Tip: Use 2 Tbsp of oil for each pound of vegetables

- 1 pound = 2 medium sweet potatoes, 1 broccoli crown, 5-6 carrots

Third, season with herbs and spices

Tip: Use 1 Tbsp of spices for each pound of vegetables

Fourth, Place vegetables in a flat layer, evenly spaced on the pan

Tip: Use parchment paper to prevent vegetables from sticking

Fifth, Roast until crispy on the outside and tender on the inside

Tip: check for doneness by browning

- Roast vegetables at 375- 425 degrees Fahrenheit for 15-35 minutes

Salting tips:

- Add salt before roasting for hard-fleshed vegetables like potatoes, Brussel sprouts, carrots, and cauliflower
- Add salt after roasting for soft fleshed vegetables like zucchini, summer squash, and eggplant

Nourish Program's Roasted Sweet Chili Cauliflower

Yield: ~4 servings

Serving size: ~ ½ cup

Amount:

1 lbs.

2 Tbsp.

1 Tbsp.

2 tsp

1 tsp

¼ tsp

To taste

Ingredients:

Cauliflower florets, bagged*

Canola oil

Honey

Chili paste

Garlic, dried, minced

Kosher salt

Red chili flakes

Method:

1. Preheat oven to 375°F (convection)
2. Combine all ingredients evenly in a large bowl
3. Spread vegetables evenly on a sheet pan covered with parchment paper (do not overcrowd pan)
4. Roast in oven for 25 -30 minutes, until crisp on the outside and tender on the inside

Helpful Tips:

- Fresh bagged vegetables range in weight from 10 oz to 1 lb. Adjust seasoning as needed to accommodate.

Equipment Needs:

- Large mixing bowl
- Rubber spatula
- ½ sheet pan
- Parchment paper
- Measuring spoons