

ROASTED VEGETABLES

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Are you trying to increase your vegetable intake but bored of eating endless salads and steamer bags? Consider roasting your vegetables for something new and easy. Roasted vegetables are extremely nutritious and add rich flavors to your favorite vegetables. Follow these tips to roast your favorite vegetables to perfection.

1. Slice evenly

Aim to slice, chop, dice your vegetables evenly to ensure even cooking. If you want to mix vegetables with different cooking times cut them into different sizes. For example, if you want to roast potatoes and peppers on the same pan cut the potatoes into small pieces and the peppers into large pieces.

2. Use the right oil

For roasting vegetables, you want an oil with a neutral taste and higher smoke point since roasting happens at a higher heat. Use an oil with a smoke point above 400 degrees, such as avocado, canola or refined olive oil. Rule of thumb: use 2 tablespoons of oil per sheet pan of vegetables. Drizzle and then toss the vegetables. The vegetables should be shiny and evenly coated but not greasy looking.

3. Season sufficiently

Once your vegetables are cut up and oiled it is time to season them. At minimum, you want to add a little salt as this not only enhances the flavor but also helps draw out moisture. And that means a crisper, caramelized texture. Try a variety of these different seasonings: pepper, garlic powder, paprika, curry, rosemary, thyme, chili powder, and ground cumin.

4. Don't overcrowd your pan

Keep your vegetables in a single layer on the baking sheet. This helps the vegetables to brown and gives them the sweet, richer flavor. If the pan becomes overloaded, you may end up steaming your vegetables instead of roasting. Stir your vegetables halfway through to get a nicely browned product without burning your vegetables.

5. Adjust your cooking time depending on the vegetable

The cooking time can change drastically depending on which type of vegetable you are roasting however the temperature will not change much. Most vegetables do well roasting at 400 degrees. Cooking time can vary from 15 minutes to an hour. Dense starchy vegetable such as potatoes and squash take longer to cook and usually require 45 minutes to 1 hour. Vegetables with more water such as broccoli, asparagus and peppers usually only take about 15-20 minutes to roast.

Give these pointers a try and start roasting your favorite vegetables.

