



Fresh Vegetable Roasting Guide

PREHEAT OVEN TO 425° F

TIME (IN MINUTES)	15-20 MINUTES	20-25 MINUTES	25-35 MINUTES	35 MINUTES+
ASPARAGUS				
BEETS (whole)				
BELL PEPPERS				
BROCCOLI FLORETS				
BRUSSEL SPROUTS				
CABBAGE WEDGES				
CARROTS (whole)				
CARROTS (sliced)				
CAULIFLOWER FLORETS				
CORN KERNELS				
CORN ON THE COB				
EGGPLANT (diced)				
GREEN BEANS				
KALE				
OKRA				
ONIONS (sliced)				
PARSNIPS (large dice)				
POTATOES				
SPINACH				
SUGAR SNAP PEAS				
SUMMER SQUASH				
SWEET POTATOES (large diced)				
SWISS CHARD				
TURNIPS				
WINTER SQUASH (diced)				
WINTER SQUASH (halved)				
ZUCCHINI				



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1	Collect all equipment and food products.
2	Prepare vegetables as required in recipe.
3	Place in single layer in an appropriate pan and place in a preheated oven.
4	Bake to desired doneness.



Browning is expected but shouldn't be excessive.