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## **Perfect Roasted Vegetables**

*Roasting is a wonderful technique for bringing out vegetables' natural sweetness and deep flavor. Use some of the tips below to master veggies that are tender on the inside and crisp on the outside. Cook in bulk – big batches of veggies are a great base to make frittatas, quick lunches, simple salads and grain bowls throughout the week.*

**Tip 1: Choose a pan.** When choosing a pan for roasting veggies, go for a heavy duty uncoated aluminized steel or natural aluminum rimmed baking sheet. The rim prevents vegetables from sliding off the edge yet is low enough to allow heat to circulate around the vegetables. The standard size for a half sheet-pan is 13"x18".

**Tip 2: Cut veggies uniformly.** Make sure that all the veggies are all cut to approximately the same size. This will ensure that they roast evenly and be finished at the same time. If you are roasting different kinds of vegetables on the same pan, make sure they have similar cooking times and oven temperatures.

**Tip 3: Use about two tablespoons of oil per sheet.** Lightly coat the veggies with oil to help keep the interior of the veggies moist. Too much oil can cause soggy veggies. A good rule of thumb is about 2 tablespoons of oil per baking sheet.

**Tip 4: Arrange the veggies in a single layer.** Crowded veggies will steam rather than get crisp and caramelized. Spread the veggies evenly across the baking sheet.

**Tip 5: Season with salt and pepper prior to roasting.** Adding salt before roasting is a key step and can really make a difference in the final flavor. It is hard to give an exact measurement since salting is a matter of personal preference and can vary from vegetable to vegetable. A general rule of thumb is to use around 1/2 to 3/4 teaspoon of salt per baking sheet and a few grinds of black pepper. Taste the vegetables when they have finished cooking and add more seasoning if needed.

**Tip 6: Center your pans.** If using only one sheet pan, the center of your oven is usually the best place to put it. When using multiple pans, always try to place them side by side if the oven allows. If you have to roast veggies on two different racks, make sure you put the top rack in the upper third of the oven and the lower rack in the bottom third of the oven. This will allow the heat and air to circulate better to help get the vegetables tender and caramelized. If the baking sheets are only an inch or two apart, the bottom vegetables will steam.

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**Tip 7: Rotate halfway through.** Another tip when using multiple pans is to rotate the pans halfway through to ensure that all veggies are getting equal exposure to the heat and have an equal chance at getting crispy and caramelized.

**Tip 8: Consider convection.** If you are using multiple pans, another option is to bake on convection, a setting where the heat is circulated by a fan. This setting can produce more even heat. This can be very helpful when you are roasting multiple vegetables at once. Beware, this setting is also more drying and cooks more quickly. A good rule of thumb is to reduce the oven temperature by 25°F when using a convection setting.

**Tip 9: Add flavor.** Fresh herbs, such as rosemary or thyme can be a wonderful addition to the pan for a little extra flavor. Don't forget to taste the vegetables before serving. You can always finish them with a sprinkle of flaky sea salt and more freshly ground black pepper.

**Tip 10: Store the veggies in the refrigerator.** Roasted vegetables can be stored in the fridge for 3 to 4 days. Roasted veggies can be frozen however, they will lose their crispy texture.

(Adapted from Kitchen Matters: More than 100 Recipes and Tips to Transform the Way You Cook and Eat--Wholesome, Nourishing, Unforgettable by Pamela Salzman)

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## Guide to Roasting Common Vegetables<sup>1</sup>

### Roasting time 10-15 minutes:

Vegetable	Size/Prep	Combines well with
Asparagus	Whole asparagus, trimmed	Garlic, bell peppers, broccoli, zucchini, <i>mushrooms*</i> , <i>Brussels sprouts*</i> , <i>cauliflower*</i> , <i>carrots*</i>
Baby squash	Halved	Bell peppers, zucchini, <i>tomatoes*</i> , <i>potatoes*</i> , <i>carrots*</i> , <i>eggplant*</i> , <i>sweet potatoes*</i>
Bell peppers	Cut into thin strips	Garlic, zucchini, asparagus, <i>eggplant*</i> , <i>onions*</i> , <i>potatoes*</i> , <i>green beans*</i> , <i>mushrooms*</i>
Broccoli	Cut into 1 to 2 inch pieces	<i>cauliflower*</i> , <i>carrots*</i> , <i>tomatoes*</i> , <i>mushrooms*</i> , <i>Brussels sprouts*</i> , <i>asparagus</i>
Buttercup squash	Peeled and cut into 1-inch chunks	<i>Tomatoes*</i> , zucchini, <i>potatoes*</i> , <i>carrots*</i> , bell peppers, <i>eggplant*</i> , <i>sweet potatoes*</i>
Garlic	Peeled and cut into very thin slices	Nearly anything and everything
Corn on the cob	Husks removed	
Leeks	Tough green tops trimmed off; sliced	Broccoli, bell peppers, <i>carrots*</i> , <i>parsnips*</i> , <i>potatoes*</i>
Okra, small	Whole okra, trimmed	<i>Tomatoes*</i> , <i>onions*</i> , <i>potatoes*</i>
Radishes	Whole radishes, trimmed	Broccoli, <i>carrots*</i> , <i>potatoes*</i> , <i>Brussels sprouts*</i> , <i>turnips*</i>
Tomatillos	Whole tomatillos, papery husks removed	<i>Cherry tomatoes*</i>

<sup>1</sup> <https://www.healwithfood.org/chart/vegetable-oven-roasting-times.php> Accessed 10/2/18.

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Vegetable	Size/Prep	Combines well with
Yellow summer squash	Cut into ½-inch thick slices	Zucchini, <i>potatoes*</i> , <i>eggplant*</i> , <i>tomatoes*</i>
Zucchini	Quartered and sliced into 1-inch sticks, add salt prior to roasting to draw out extra moisture	Asparagus, baby/buttercup squash, bell peppers, summer squash, <i>mushrooms*</i> , <i>potatoes*</i> , <i>tomatoes*</i>

\*Roasting time longer than 10-15 minutes (refer to the other charts on this page for the appropriate roasting time for this vegetable). You can overcome the differences in roasting times by putting the longer roasting vegetables into the oven first or by cutting the slow-roasting vegetables into smaller pieces than recommended on this page.

### Roasting time 15-20 minutes:

Vegetable	Size/Prep	Combines well with
Brussels sprouts	Trimmed and halved	Carrots, mushrooms, <i>asparagus*</i> , <i>broccoli*</i> , <i>radishes*</i> , <i>cauliflower*</i> , <i>potatoes*</i> , <i>sweet potatoes*</i>
Carrots	Peeled or scrubbed, cut into ½-inch sticks	Radishes, Brussels sprouts, zucchini, green beans, leeks, <i>broccoli*</i> , <i>asparagus*</i> , <i>baby squash*</i> , <i>buttercup squash*</i>
Cherry tomatoes	Roast whole	Zucchini, mushrooms, <i>broccoli*</i> , <i>bell peppers*</i> , <i>yellow summer squash*</i> , <i>baby squash*</i> , <i>buttercup squash*</i> , <i>eggplant*</i>
Garlic	Peeled and cut into thin slices	Nearly anything and everything
Green beans (string beans)	Whole beans, trimmed	Garlic, carrots, cherry tomatoes, shallots, zucchini, <i>(red) potatoes*</i> , <i>fennel*</i>
Mushrooms, crimini	Halved lengthwise	Other types of mushrooms, cherry tomatoes, zucchini, shallots, <i>bell peppers*</i>
Mushrooms, king trumpet	Cut lengthwise into ½-inch slices	Other types of mushrooms, cherry tomatoes, zucchini, shallots, <i>bell peppers*</i>

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Vegetable	Size/Prep	Combines well with
Mushrooms, oyster	Torn into strips	Other types of mushrooms, cherry tomatoes, zucchini, shallots, <i>bell peppers</i> *
Mushrooms, portobella	Cut lengthwise into ½-inch slices	Other types of mushrooms, cherry tomatoes, zucchini, shallots, <i>bell peppers</i> *
Mushrooms, white button	Halved lengthwise	Other types of mushrooms, cherry tomatoes, zucchini, shallots, <i>bell peppers</i> *
Parsnips	Peeled and cut into thin strips	Carrots, <i>potatoes</i> *, <i>sweet potatoes</i> *, <i>beets</i> *, <i>turnips</i> *, <i>butternut squash</i> *
Radishes	Whole radishes, trimmed	Carrots, Brussels sprouts, zucchini, <i>potatoes</i> *, <i>turnips</i> *
Shallots	Whole or halved	Mushrooms, green beans, wax beans, Brussels sprouts, carrots, cherry tomatoes, <i>potatoes</i> *, <i>sweet potatoes</i> *
Wax beans	Whole beans, trimmed	Shallots, garlic, carrots, mushrooms, cherry tomatoes
Zucchini	Halved crosswise, then quartered; add salt prior to roasting to draw out extra moisture	Carrots, mushrooms, <i>asparagus</i> *, <i>baby squash</i> *, <i>bell peppers</i> *, <i>eggplant</i> *, ( <i>red</i> ) <i>potatoes</i> *, <i>broccoli</i> *

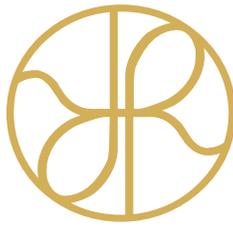
\*Roasting time shorter or longer than 15-20 minutes (refer to the other charts on this page for the roasting time for this vegetable). If you want to combine slower and faster roasting veggies, you can do so by putting the slow cooking vegetables into the oven first and by adding the faster cooking food later. Furthermore, cutting slow-roasting vegetables into smaller pieces will shorten the roasting time.

### Roasting time 20-30 minutes:

Vegetable	Size/Prep	Combines well with
Artichokes, baby	Trimmed baby artichokes, whole or halved	Garlic, tomatoes, sweet peppers, onions, <i>fennel bulb</i> *, <i>potatoes</i> *, <i>mushrooms</i> *

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Vegetable	Size/Prep	Combines well with
Carrots, baby	Roast whole baby carrots	Turnips, sweet potatoes, cauliflower, <i>radishes*</i> , <i>Brussels sprouts*</i> , <i>zucchini*</i> , <i>green beans*</i> , <i>leeks*</i> , <i>broccoli*</i> , <i>asparagus*</i> , <i>squash*</i> , <i>parsnips*</i> , <i>fennel*</i>
Belgian endives	Sliced in half	<i>Parsnips*</i>
Cauliflower	1 ½-inch cauliflower florets	Carrots, garlic, tomatoes, <i>broccoli*</i> , <i>asparagus*</i> , <i>potatoes*</i> , <i>Brussels sprouts*</i>
Cipollini onions	Roast whole	Tomatoes, Carrots, <i>potatoes*</i>
Corn on the cob	Whole, in husks	Tomatoes, garlic, onions, sweet peppers, <i>cherry tomatoes*</i>
Eggplant	Cut into ½-inch thick slices; add salt prior to roasting to draw out extra moisture	Tomatoes, sweet peppers, <i>zucchini*</i> , <i>squash*</i> , <i>mushrooms*</i>
Fennel bulb	Trimmed and cut into 10-12 wedges	Sweet potatoes, tomatoes, carrots, <i>artichokes*</i> , red onions, <i>green beans*</i> , <i>beets*</i> , <i>leeks*</i>
Garlic	Peeled and each clove halved or sliced	Nearly anything and everything
Kohlrabi	Peeled and cut into ½-inch thick slices	Turnips, carrots, sweet potatoes, <i>beets*</i> , <i>potatoes*</i> , <i>butternut squash*</i>
Pearl onions	Roast whole	Carrots, <i>green beans*</i> , <i>potatoes*</i> , <i>mushrooms*</i> , <i>Brussels sprouts*</i>
Tomatoes, plum	Roast whole tomatoes	Garlic, eggplant, sweet peppers, <i>broccoli*</i> , <i>zucchini*</i> , <i>mushrooms*</i> , <i>squash*</i>
Red onions	Halved	Sweet peppers, carrots, <i>potatoes*</i> , <i>zucchini*</i>

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Vegetable	Size/Prep	Combines well with
Sweet peppers	Cut into 1-inch wide strips	Garlic, eggplant, onions, <i>zucchini*</i> , <i>asparagus*</i> , <i>potatoes*</i> , <i>green beans*</i> , <i>mushrooms*</i>
Sweet potatoes	Halved crosswise, then cut into 1-inch wedges	Carrots, kohlrabi, onions, <i>squash*</i> , <i>Brussels sprouts*</i> , <i>parsnips*</i> , <i>cauliflower*</i> , <i>potatoes*</i>
Turnips	Peeled and cut into 1-inch cubes or each cut into 6 wedges	Carrots, sweet potatoes, <i>beets*</i> , <i>Brussels sprouts*</i> , <i>radishes*</i> , <i>mushrooms*</i> , <i>broccoli*</i> , <i>parsnips*</i>
Yellow onions, large	Each cut into 10-12 wedges or into ¼-inch thick slices	Sweet peppers, Carrots, tomatoes, garlic, <i>potatoes*</i> , <i>mushrooms*</i> , <i>green beans*</i>

\*Denotes a shorter or longer roasting time than 20-30 min. (refer to the other charts on this page for the roasting time for this vegetable). To combine fast and slow roasting foods, put the slow roasting foods into the oven first and add the faster cooking foods later. Cutting slow-roasting vegetables into smaller chunks will also make them roast faster.

### Roasting time 30-40 minutes:

Vegetable	Size/Prep	Combines well with
Butternut squash	Peeled and seeded; quartered lengthwise, then cut into 1-inch pieces	Carrots, kohlrabi, <i>sweet potatoes*</i> , <i>zucchini*</i> , <i>tomatoes*</i>
Carrots	Cut into 1-inch thick slices	Parsnips, fennel, daikon radishes, new/baking potatoes, <i>turnips*</i> , <i>sweet potatoes*</i> , <i>cauliflower*</i> , <i>radishes*</i> , <i>Brussels sprouts*</i> , <i>zucchini*</i> , <i>green beans*</i> , <i>leeks*</i> , <i>broccoli*</i> , <i>asparagus*</i> , <i>squash*</i>
Daikon radishes	Peeled and cut into about 1-inch by ½-inch dices	Carrots, celeriac, rutabagas, kohlrabi, <i>other root vegetables (*)</i>
Fennel bulb	Trimmed and cut into 10-12 wedges	Potatoes, carrots, <i>artichokes*</i> , <i>red onions*</i> , <i>green beans*</i> , <i>beets*</i> , <i>leeks*</i> , <i>tomatoes*</i> , <i>sweet potatoes*</i>
Potatoes, baking	Peeled or scrubbed, cut into 1-inch thick slices	Nearly anything and everything

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Vegetable	Size/Prep	Combines well with
Rutabagas	Peeled and cut into 1-inch cubes	Parsnips, carrots, <i>sweet potatoes*</i> , <i>beets*</i> , <i>turnips*</i> , <i>other root vegetables*</i>
Kohlrabi	Peeled and cut into 1-inch cubes	Potatoes, carrots, <i>sweet potatoes*</i> , <i>beets*</i> , <i>turnips*</i> , <i>other root vegetables*</i>
Parsnips	Peeled and cut into cubes, or sliced diagonally into ½-inch thick slices	Carrots, potatoes, butternut squash, <i>sweet potatoes*</i> , <i>beets*</i> , <i>turnips*</i>
Jerusalem artichokes (sunchokes)	Peeled or scrubbed and cut into ¼-inch thick slices	Potatoes, <i>asparagus*</i> , <i>garlic*</i> , <i>Brussels sprouts*</i> , <i>cherry tomatoes*</i>
New potatoes	Scrubbed and unpeeled; halved	Nearly anything and everything
Celery root (celeriac)	Cut into cubes or large matchsticks	Potatoes, carrots, parsnips, butternut squash, <i>beets*</i>

\*Denotes a shorter or longer roasting time than 30-40 minutes (refer to the other charts on this page for the roasting time for this vegetable). To combine fast and slow roasting foods, put the slow roasting foods into the oven first.

### Roasting time 50-60 minutes:

Vegetable	Size/Prep	Combines well with
Acorn squash	Halved and seeded; place cut side up on the baking sheet	<i>Potatoes*</i> , <i>sweet potatoes*</i> , <i>Brussels sprouts*</i>
Beets, small	Whole, unpeeled beets scrubbed clean; wrapped in aluminum foil; peel off the skins after roasting	<i>Potatoes*</i> , <i>carrots*</i> , <i>sweet potatoes*</i> , <i>fennel*</i> , <i>cauliflower*</i> , <i>turnips*</i>

\*Denotes a shorter roasting time (refer to the other charts on this page for the roasting time for this vegetable). To combine fast and slow roasting foods, put the slow roasting foods into the oven first.

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