

# Oven Roasting Vegetables

## Directions

1. Preheat oven to 425°F
2. Wash vegetables and chop into serving size pieces.
3. In a large bowl or Pyrex baking dish, toss vegetables with 1-3 T olive oil, 1 t salt, 1 t pepper, and 1-2 cloves of minced garlic (optional).
4. Spread the vegetables in a single and not overcrowded layer on a Pyrex baking dish or rimmed baking sheet.
5. Bake in the oven for 7 minutes.
6. Using potholders remove the pan from the oven, stir the vegetables, and return the pan to the oven.
7. Bake for another 7-10+ minutes until vegetables are bright, lightly charred, and tender (test with a fork).
8. Remove the pan from oven, transfer the vegetables to a serving dish, and serve hot.

## Cookware & Equipment

Cutting board  
Chef's knife  
Large bowl  
Pyrex baking dish or baking sheet with a rim  
Potholders  
Cooking spoon  
Measuring spoons

## Storage

5 days in refrigerator

*Recommendations: Brussels sprouts (cut into fourths or halves), asparagus (whole stems, with lower part of the stem either snapped or cut off), eggplant (either sliced into rounds, or diced into bite sized pieces, lightly brushed with oil), potatoes (small or cubed, tossed with olive oil).*

# Carol's Roasted Potatoes

## Ingredients

Potatoes of choice (1 lb bag)

1/4 C olive oil

1-2 stalks of fresh rosemary, leaves removed from stems & diced fine

1-2 cloves garlic, diced fine or pressed through a garlic press

Salt & pepper to taste (around 1 t)

## Directions

1. Pre-heat oven to 425°F
2. Wash the potatoes, and cut them into quarters to get bite-size.
3. In a bowl combine olive oil, salt, pepper, and garlic. Place the quartered potatoes into the bowl and toss with olive oil mixture.
4. Place the potatoes on a flat sheet pan, Pyrex baking dish, or rimmed baking sheet, and bake in the oven for 30 minutes.
5. Remove potatoes from the oven with potholders. With a cooking spoon stir the potatoes to turn the pieces. Sprinkle the potatoes with finely chopped fresh rosemary, and return the pan to the oven for 15 more minutes.
6. When potatoes are tender when stuck with a fork, and become golden brown and crisp, remove the pan from oven. Transfer the potatoes to a dish, and serve hot.

***Roasted Root Vegetables variation:** wash, peel, and cube 1 sweet potato, 2 carrots, 2 parsnips, and 1 turnip. Toss with olive oil and Italian seasoning. Oven roast.*