The process of roasting vegetables is simple, brings out the sweetness, and intensifies the natural flavors.

1. Preheat oven anywhere from 350-450°F, 400°F is a good starting point.
   - Higher temps cook vegetables faster, but may not make them as “melt in your mouth” soft on the inside.
2. Chop vegetables of choice, toss with olive oil, salt, and other desired ingredients.
   - If mixing both slow and quick-cooking vegetables, cut the slower cooking veggies into smaller pieces.
3. Cook according to appropriate times or until veggies are as soft as desired and begin to brown on the edges.
4. Remove from oven and serve warm or even cold.
   - Great for lunches. Try tossing them with pasta, quinoa, rice or other grains for a quick & easy lunch!

### Flavored Olive Oil
- Nut or Seed Oils
- Honey
- Orange Juice
- Beans- White, Black, Garbanzo, Kidney

### Quick Cooking Time: 5-10 Minutes
- Asparagus
- Chard
- Corn
- Kale
- Mushrooms
- Summer Squash
- Tomatoes
- Zucchini

### Less-Quick Cooking Time: 20-25 Minutes
- Bell Pepper
- Broccoli
- Brussel Sprouts
- Cauliflower
- Eggplant
- Fennel
- Leek
- Onion
- Shallot

### Slow Cooking Time: 40-50 Minutes
- Beets
- Carrots
- Parsnips
- Potatoes
- Sweet Potatoes
- Turnips
- Winter Squash
- Yams

**Veggie Ideas**
### SAUTÉ

1. Add olive oil to a sauté pan and heat on med-low. *Diced garlic can be added at this point and cooked until soft before including vegetables.*
2. Chop vegetables and add with other desired ingredients to pan. Cook on medium until soft, around 5-10 minutes.
3. Remove from pan and add any other ingredients of choice. Serve warm.

### GRILL

1. Slice vegetables- lengthwise is best.
2. Drizzle, brush, or toss sliced veggies in olive oil, salt, and/or other seasonings of choice.
3. Grill until grill marks appear on each side and veggies are cooked through.
4. Remove from grill and serve hot, warm, or cold! - *Grilled vegetables work great in sandwiches, lasagna, pasta or grain salad, or on their own.*

### Tip

Although quick-cooking vegetables work best for sautéing and grilling (see below), slower cooked vegetables, such as carrots or potatoes, work great if first blanched a few minutes or steamed until soft prior to sautéing or grilling.

### Veggie Ideas

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<thead>
<tr>
<th>QUICK COOKING</th>
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### Keep it RAW

Simply try more veggies raw! Some fun ideas are grating root vegetables and adding dressing and other seasonings for a root vegetable salad, experimenting with coleslaws, or tossing dark, leafy greens with lemon juice and olive oil and letting sit for a few minutes before eating. The most important thing is to have fun and enjoy more vegetables!