

# VEGETABLES MADE EASY



## ROAST

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

### *Flavoring Ideas*

ADD BEFORE ROASTING
Spices- Cumin, Coriander, Cinnamon, Black or White Pepper, Cayenne, Paprika, Turmeric
Herbs- Basil, Thyme, Oregano, Dill, Sage, Fennel, Rosemary, Parsley, Cilantro
Garlic (diced or smashed whole cloves)
Flavored Olive Oil, Nut or Seed Oils
Honey
Orange Juice
Beans- White, Black, Garbanzo, Kidney
ADD AFTER ROASTING
Lemon
Balsamic Vinegar
Sautéed or fresh greens
Grated Cheese ( <i>May be mixed in or added to top right at the end of roasting</i> )



## MAKE IT

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!

### *Veggie Ideas*

QUICK COOKING TIME: 5-10 Minutes	LESS-QUICK TIME: 20-25 Minutes	SLOW COOKING TIME: 40-50 Minutes
Asparagus	Bell Pepper	Beets
Chard	Broccoli	Carrots
Corn	Brussel Sprouts	Parsnips
Kale	Cauliflower	Potatoes
Mushrooms	Eggplant	Sweet Potatoes
Summer Squash	Fennel	Turnips
Tomatoes	Leek	Winter Squash
Zucchini	Onion	Yams
	Shallot	

# 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.

**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*

QUICK COOKING	LESS-QUICK	SLOW COOKING
Asparagus	Bell Pepper	Beets
Chard	Broccoli	Carrots
Corn	Brussel Sprouts	Parsnips
Kale	Cauliflower	Potatoes
Mushrooms	Eggplant	Sweet Potatoes
Summer Squash	Fennel	Turnips
Tomatoes	Leek	Winter Squash
Zucchini	Onion	Yams
	Shallot	

# 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.*

## *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!