

Recipes for Roasting Vegetables

| | Cut and Washed Vegetables | Preheated Oven Temperature | Oil and Seasonings (Mix and place flat on baking sheet.) | Time to Roast in Oven* |
|-------------------------|--|----------------------------|---|------------------------|
| Asparagus | 3 pounds, fresh spears with ends snapped or trimmed off | 400 degrees F | 1 tsp oil Dash of salt and pepper | 12 to 15 min |
| Baking Potatoes | 3 large, cut into 8 wedges | 450 degrees F | 3 Tbsp oil 1½ tsp paprika 1½ tsp onion powder ½ tsp garlic powder ½ tsp chili powder | 30 min |
| Bell Peppers | 4 cut in half | 450 degrees F | 2 tsp oil ½ tsp Italian seasoning ½ tsp garlic powder ¼ tsp salt | 30 to 35 min |
| Brussels Sprouts | 1¼ pounds with ends trimmed off | 400 degrees F | 1 Tbsp oil ⅛ tsp of each salt and pepper 1 tsp lemon juice | 20 to 30 min |
| Carrots | 1½ pounds cut into sticks | 400 degrees F | 1 Tbsp oil ⅛ tsp salt ⅛ tsp garlic powder | 20 to 30 min |
| Cauliflower | 1 medium-sized head, cut into florets | 400 degrees F | 1 tsp oil 2 tsp garlic powder ½ tsp onion powder ½ tsp salt and pepper each ¼ cup grated cheese | 30 min |
| Green Beans | 1 pound with ends snapped off | 425 degrees F | 1 Tbsp oil ⅛ tsp each salt and pepper | 15 to 18 min |
| Onions | 2 medium-sized, peel off papery layers and cut into quarters | 425 degrees F | 1½ tsp oil ¼ tsp salt ⅛ tsp pepper | 20 to 25 min |
| Red Potatoes | 1 pound, cut in 1-inch cubes | 400 degrees F | 1 Tbsp oil ½ tsp salt ½ tsp garlic powder | 20 min |
| Zucchini | 1¼ pounds cut into sticks | 400 degrees F | 2 tsp oil ¼ garlic powder ¼ dried oregano ⅛ tsp each salt and pepper | 12 to 15 min |

*Stir once when half way cooked.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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