

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
Brussels Sprouts	1¼ pounds with ends trimmed off	400 degrees F	1 Tbsp oil ⅛ tsp 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 and Broccoli	1 medium-sized head, cut into florets	400 degrees F	1 tsp oil 2 tsp garlic powder ½ tsp onion powder ½ tsp each salt and pepper 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
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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