

# Roasting Vegetables



1. Preheat oven to anywhere from 350-450°F
2. Cut veggies into similar sizes
3. Lightly coat pan (or use foil) and veggies evenly with olive oil (or use spray)
4. Don't crowd the vegetables
5. Shake or turn veggies once they start to turn brown for even browning
6. Roast thoroughly (brown and tender) anywhere from 15-40min depending on size and shape

## Flavo Ideas...



- Pepper
- Lemon Juice
- Parsley
- Thyme
- Rosemary
- Balsamic Vinegar
- Mrs. Dash

