

What Ingredients do I Need to Roast Vegetables?

The great thing about this recipe is that you can clear out the fridge with other veggies you may have on hand, you can also use different seasonings based on what you like. Here's what I went with this time:

- **vegetables** – tomatoes, bell peppers, carrots, zucchini, broccoli, red onion, garlic
- **olive oil**
- **salt and pepper**
- **Italian seasoning (optional)**
- **lemon (optional)**

How to Roast Vegetables in the Oven

This method to cook vegetables couldn't be easier!

- **Chop veggies:** cut veggies into pieces about the same size, place on a rimmed baking sheet.
- **Toss with oil and seasoning:** Drizzle with olive oil, sprinkle with Italian seasoning, garlic, salt and pepper then toss.
- **Spread across baking sheet and roast:** Spread evenly so vegetables cook evenly and roast 15 minutes.
- **Add tomatoes, continue to roast:** Remove from oven add tomatoes and toss, spread even.
- Roast 10 minutes longer or until veggies are tender.

How Long Do I Roast Vegetables?

Approximate cook times you're looking at for roasted vegetables (cut into 1-inch pieces. I use about 1 – 2 lbs) at 400 – 425 degrees (don't forget to toss halfway):

- **Asparagus** – 20 minutes
- **Bell Peppers** – 20 minutes
- **Broccoli** – 25 minutes
- **Brussels Sprouts** (halved) – 25 minutes
- **Butternut Squash** – 30 minutes
- **Cabbage** (cut into 1-inch thick slices) – 30 minutes
- **Carrots** (cut into 1-inch chunks or baby carrots)- 30 minutes
- **Cauliflower** – 25 minutes
- **Corn** (cobs left whole with husks) – 40 minutes
- **Green Beans** – 20 minutes
- **Kale** – 15 minutes (it doesn't need to be in a single layer)
- **Onions** – 35 minutes
- **Potatoes** (russet, red, yukon) – 45 minutes
- **Sweet Potatoes** – 30 minutes
- **Tomatoes** (grape or cherry) – 15 minutes
- **Yellow Squash** – 20 minutes
- **Zucchini** – 20 minutes

<https://www.cookingclassy.com/roasted-vegetables/>