

FLAVORFUL VEGGIE ROASTING GUIDE

Set the oven to 425 degrees, then follow the instructions below for each vegetable's roasting times and suggested flavor kickers to toss with the veggies just before serving.

TINY RED-SKIN POTATOES	ROASTING TIME	SUMMER SQUASH	ROASTING TIME
Halve larger potatoes. For flavor, toss with ¼ tsp. ground chipotle chile pepper just before serving.	25-30 MINUTES	Halve lengthwise; slice ¼ inch thick. For flavor, toss with ¼ tsp. dried Italian season and 2 tbsp. shredded Parmesan.	10-15 MINUTES
CARROTS	ROASTING TIME	BRUSSELS SPROUTS	ROASTING TIME
Peel, halve, and/or quarter. Toss with ¼ cup toasted walnuts, 1 tsp. honey, and ½ tsp. pumpkin spice.	20-25 MINUTES	Trim, halve. Just before serving, drizzle with 1 tbsp. lime juice and ½ tsp. snipped cilantro.	15-20 MINUTES
BROCCOLI	ROASTING TIME	SWEET POTATOES	ROASTING TIME
Cut into 2-inch-long stalks. Drizzle with 1 ½ tsp. lemon juice, top with 2 tbsp. reduced-fat feta, and 1 tbsp. snipped parsley.	15-18 MINUTES	Scrub unpeeled sweet potatoes; cut into 1-inch cubes. For flavor, toss with 2 tsp. snipped fresh thyme.	20 MINUTES
SWEET PEPPERS	ROASTING TIME	ONIONS	ROASTING TIME
Cut into 2-inch pieces. For flavor, sprinkle with 2 tbsp. snipped fresh basil just before serving.	25 MINUTES	Peel; slice into ½-inch wedges. Just before serving, drizzle with 2 tbsp. balsamic vinegar, sprinkle with 1 tbsp. crumbled Gorgonzola.	20-25 MINUTES
ASPARAGUS	ROASTING TIME	MUSHROOMS	ROASTING TIME
Snap off woody base; cut into 3- to 4-inch pieces. Add 3 cloves garlic, minced with oil in. Serve with some lemon juice.	25 MINUTES	Wash Mushrooms, cut into halves or quarters. Drizzle with 1-2 tbsp oil. Sprinkle with salt and pepper. For extra flavor add whole garlic cloves before roasting.	15 MINUTES