



### Roasting Vegetables

Roasting Vegetables causes them to caramelize giving them a very nice soft, pleasing texture and sweetness. ENJOY!

Preheat oven to 425 degrees  
Clean and cut into chunks:

#### Hard Vegetables

Potatoes (red or Yukon Gold) with skins on  
Carrots  
Beets (cut in half)  
Sweet Potato or Yam  
Parsnips  
Rutabaga or Turnips  
Broccoli  
Cauliflower  
Celery  
Onion  
Green Beans  
Acorn Squash  
Butternut Squash

Line a cookie sheet with tinfoil for easy clean up. Line up your sliced veggies and drizzle with grape seed oil which has a high smoking point. Roast for about 15 to 20 minutes and add:

#### Soft Vegetables

Zucchini  
Tomatoes  
Bell Peppers  
Asparagus  
Pearl Onion

Coat with grape seed oil and add to the hard vegetables already roasting. Roast for 20 more minutes and serve. Can be reheated for left-overs.

Season as you wish. A sprinkling of lime juice is really nice.