



# DID YOU KNOW?

Nutritional information from Second Harvest Food Bank of Northwest NC



## How to Roast Vegetables

### MASTER RECIPE

- 1 pound vegetables
- 1 tablespoon olive oil
- Salt and pepper to taste

*See inside for step-by-step directions.*

Please consult your physician or healthcare provider with any health-related concerns, including changing your diet or starting an exercise routine. This information should never replace your doctor's advice or care.



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## DIRECTIONS

### 1 ONE AT A TIME

Roast one type of vegetable at a time since some vegetables take longer to roast than others. With experience, you'll learn to combine vegetables, cooking more-starchy vegetables a little longer than less-starchy varieties.

### 2 OVEN TEMPERATURE

375 - 500 degrees (typically 400-425 degrees F)

### 3 SAME SIZE

- a. While the oven preheats, prepare the vegetables.
  - i. Wash and trim the vegetables. Cut off the stems and tails, remove blemishes and remove skins (if appropriate).
  - ii. Cut the vegetables into pieces roughly the same size. The smaller the pieces, the quicker the vegetables will roast.
- b. NOTE: Vegetables shrink when they're roasted.

### 4 COAT EVENLY

- a. Toss the cut vegetables with olive oil in a bowl, mixing well with a spatula or your hands to make sure the pieces are coated on all sides.
- b. Olive oil is the standard, but for different flavors experiment a little. Add a touch of toasted sesame oil or use peanut or safflower oil.
- c. Some people prefer to dribble oil over vegetables already in the baking pan. It works, but you use more oil and it can also burn the baking sheet and make the vegetables taste bitter.

Nutrition Facts	
Serving Size 1/2 cup prepared vegetables, 1/6 of recipe (71g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 70</b>	<b>Calories from Fat 40</b>
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	% Daily Value*
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 110mg</b>	<b>5%</b>
<b>Total Carbohydrate 7g</b>	<b>2%</b>
Dietary Fiber 2g	8%
Sugars 2g	
<b>Protein 1g</b>	
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Vitamin A 45%	Vitamin C 60%
Calcium 2%	Iron 2%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
<small>Calories: 2,000 2,500</small>	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

### 5 SEASONING

- a. A vegetable's own natural flavor will emerge when seasoned with just salt and pepper.
- b. For gentleness, use kosher salt or sea salt; for sharpness, use freshly ground pepper.
- c. Examples of other seasonings:
  - i. Carrot is deepened with thyme.
  - ii. Zucchini is brightened by lemon.
  - iii. Dried herbs work with many vegetables.

### 6 FIND A BAKING PAN

- a. Metal is best.
- b. A pan with low sides will allow the heat to envelop the vegetables.
- c. For easy clean-up, line the baking pan with foil or a silicone mat.

### 7 NO CROWDING

Arrange the oiled vegetables on the baking sheet, leaving space between pieces so the oven's heat can weave its way between.

### 8 SET THE CLOCK

30 - 60 minutes

### 9 CHECK & TOSS

Halfway through the roasting time, give the vegetables a quick toss, redistributing the pieces. After that, check and toss every five minutes or so, until they're done.

### 10 GOLDEN DONE

The vegetables are done when their centers are soft and creamy and their outside edges are almost crisp and beginning to caramelize.