



🕒 **Prep: 20 minutes**
Cook time: 20-30 minutes

🍴 **Serves: at least 2**

Roasting Vegetables

Roasting plants is a great way to modify the flavors of many vegetables into a more palatable experience, often bringing out sweet and nutty aspects to produce usually thought of as bland or even spicy. This change can transform your side dishes into the star of the plate!



Ingredients

2 cups par-cooked squash, cubed
1 cup raw turnip, peeled & cubed
1 cup red onion, sliced
1 head garlic
Olive Oil
Salt and pepper
Seasonings to taste

Equipment

Knife
Cutting Board
Mixing bowl
Spoon
Sheet Tray

Method

- 🍃 Preheat oven to 400-450, depending on how fast you want your veg to roast
- 🍃 Season your ingredients all together in a mixing bowl, or season directly on sheet tray
- 🍃 Place in the oven and set timer for 20 minutes

Check for doneness after 20 minutes.
- 🍃 Serve hot as a side dish or let cool and add to a recipe, adding additional seasonings as desired

Notes

- 🍃 Check soft veggies and small pieces after 20 minutes. Hard veggies or larger pieces, 30 minutes.
- 🍃 Use oven light to check high-moisture vegetables (tomatoes, mushrooms). Keep door closed. Once dried out, they are done very quickly!
- 🍃 Add fast-cooking leaves half way through cook time, or remove after 5-10 minutes
- 🍃 Keep veggies separated on your tray. If one cooks faster than the others you can easily remove it early and add back in later.



Watch the Video

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