



# 8 Tips for the BEST Roasted Vegetables

By Molly Watson (rev. by Coach Roz)

Making roasted vegetables is as easy as putting them in the oven, but making the best roasted vegetables - soft and tender, browned and caramelized, full of intensified flavor - involves a few tricks. Make roasted vegetables as delicious as possible by following the ten insanely easy tips below.

## 1. Preheat the Oven

Yes, seriously, this is an important step. You want the oven nice and hot when you go to put the vegetables in. A less-than-hot oven will turn out less-than-browned vegetables. The exact temperature doesn't matter too much. I tend to set the oven to 375°F, but anything in the 350°F to 425°F range will work.



**2. Cut Vegetables Into Even Pieces** Smaller vegetables can be roasted whole... as long as they are of even sizes. You want even pieces so the vegetables cook at an even rate. In general, vegetables need to be trimmed and cut – larger pieces will make a more dramatic presentation whereas smaller, bite-size pieces are easier to eat.

## 3. Toss Vegetables With Oil

Either in the roasting pan, large bowl or gallon-size plastic bag, toss vegetables with a tablespoon or two of olive oil or the oil of your choice. Oil helps the vegetables brown, so don't skip this step, just measure the oil. Drizzle vegetables with the oil, then toss them to coat them as evenly as possible. You can add coarsely chopped garlic, pepper flakes, or other seasonings at this point, too, like Penzey's MURAL OF FLAVOR (it's amazing!)

## 4. Roast Vegetables At the Top

Roasting the vegetables in the top third of the oven will help the vegetables brown the best.



### 5. Shake or Turn Vegetables

When the vegetables start to brown, give the pan a good shake or use a spatula to turn the vegetables to move them around a bit to brown evenly and distribute the toasted seasonings.

### 6. Roast Vegetables Thoroughly

You want roasted vegetables to be two things: brown *and* tender. Keep the vegetables in a hot oven until they are both. If they start to get too dark, cover them with foil until tender, (just don't let the foil come in contact with your food to avoid discoloration). Then cook for a final 5 minutes or so with the foil off. If they aren't browning, raise the heat in the oven and move the pan to the top of the oven.



### 7. "Finish" the Vegetables

Roasted vegetables are best with a final toss of flavor can include:

- ✓ Fresh lemon juice
- ✓ Minced herbs (mint, parsley, thyme, or just a wee bit of rosemary are great choices)
- ✓ White balsamic vinegar (taste great and won't discolor your beautiful work)

### 8. Serve Vegetables Warm or Let Them Cool

Roasted vegetables are great while still warm, obviously, but can also be served at room temperature too. If you want to serve room temperature roasted vegetables, however, be sure to let them cool in a single layer, uncovered or very loosely covered, so the vegetables don't start to steam each other and get soggy. *This is an important tip.*

