

# Mastering Roasted Vegetables

Weight Loss - **Week 6**



## Mastering Roasted Vegetables

Roasting vegetables is so easy and a great way to bring out different flavors in them. For kale or Brussels Sprouts, especially, some people prefer roasted versions over other cooking methods.



*To roast vegetables- Preheat oven to 375-400 degrees. On a rimmed baking sheet, arranged prewashed and sliced vegetables. Coat lightly with olive oil or use an olive oil mister. Season with sea salt and/or pepper per your preference. Roast for 30 minutes\* or to desired tenderness, turning half way through until vegetables are fork tender and the texture you desire.*



\*Kale is a hearty green that tastes great roasted. Kale only needs about 10 minutes in the oven, and it is a good idea to stir at about 5 minutes. Monitor the first batch you try closely, to help you get the timing of your oven down.



### Dietitian Talk:

- **Roast extra vegetables for lunch the next day! Fill up two baking sheets! Add roasted vegetables to roasted chicken over greens for a hearty and comforting salad. Or heat roasted vegetables with chicken or vegetable broth and then puree for a quick roasted vegetable soup.**
- **Feel free to buy pre-cut vegetables for roasting. Precut broccoli and cauliflower florets are almost always available, as are precut Brussels Sprouts, butternut squash, and mushrooms.**



## Vegetables that do Well with Roasting:

- **Onion, sliced**
- **Carrots, peeled and sliced**
- **Parsnips (fancy carrot), peeled and sliced**
- **Brussels Sprouts**
- **Cauliflower, divided into florets**
- **Broccoli, divided into florets**
- **Beets, washed and peeled**
- **Kale\***, leaves washed and dried and hard stems removed
- **Garlic cloves**
- **Mushrooms**
- **Butternut squash**
- **Zucchini**

## Other ingredients:

- **Olive oil**
- **Sea salt**
- **Black pepper**

