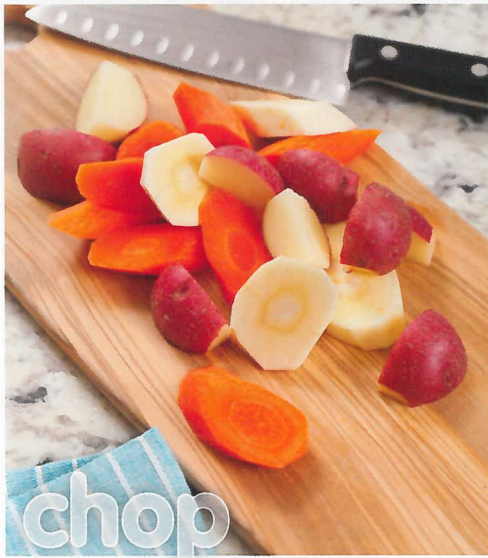
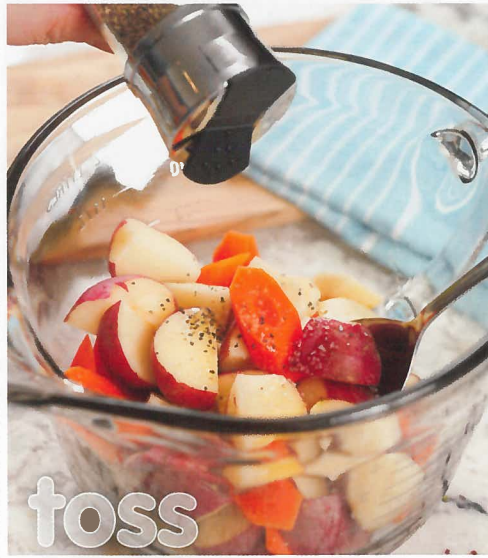


roast veggies

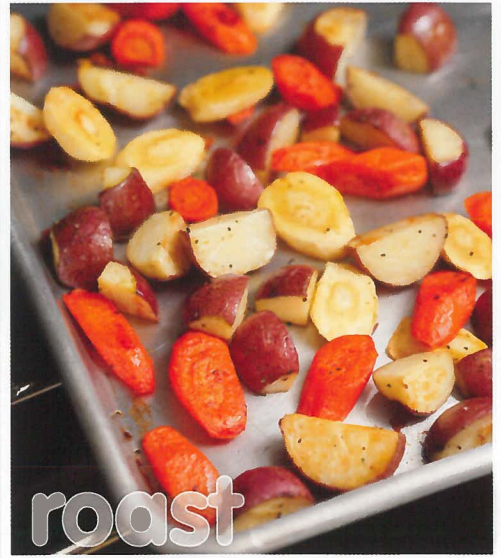
Roasting brings out the sweet flavors found in veggies. It's an easy way to make delicious vegetables **that your family will love!**



chop



toss

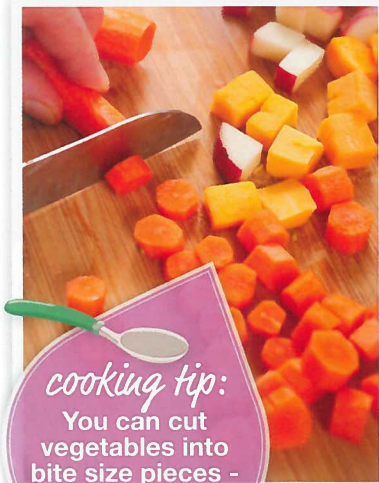


roast

1. Cut vegetables into large chunks or wedges. Cut into the same size so vegetables cook evenly.

2. Place vegetables in a bowl. Drizzle with 1 tablespoon oil for every 3 to 4 cups of chopped vegetables. **Toss to coat.** Season with salt and black pepper. Try garlic powder or dry Italian herbs for a different flavor.

3. Preheat the oven. Place a metal baking sheet in the oven to heat it. **Place the vegetables in a single layer** on the hot metal baking sheet. **Turn vegetables a couple times while roasting.**



cooking tip:
You can cut vegetables into bite size pieces - they will cook faster!

cooking tip:
In a hurry?
These veggies can be heated in a microwave before roasting: potatoes, brussel sprouts and carrots.
Heat veggies until they are hot, but not soft. Toss with oil and roast.



roasting time:

asparagus	10-15 minutes
broccoli	10-15 minutes
brussel sprouts	20-30 minutes
carrots	30-40 minutes
cauliflower	20-30 minutes
corn on the cob	20-30 minutes
corn kernels	10-15 minutes
parsnips	30-40 minutes
pea pods	8-10 minutes
squash	20-30 minutes
sweet peppers	10-15 minutes
sweet potatoes	30-40 minutes
white potatoes	40-50 minutes
zucchini	10-15 minutes

Roast veggies in a 450° oven.
Cooking times will vary depending on the size and vegetable. Test by poking with a fork. Vegetables are done when soft on the inside and crispy on the outside.

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roast your veggies - and love them!

Serve a big bowl of roasted veggies at meals. Snack on roasted veggies and dip. Add more veggies to your favorite dishes - pasta, tacos, soup, quesadilla or lettuce salad.

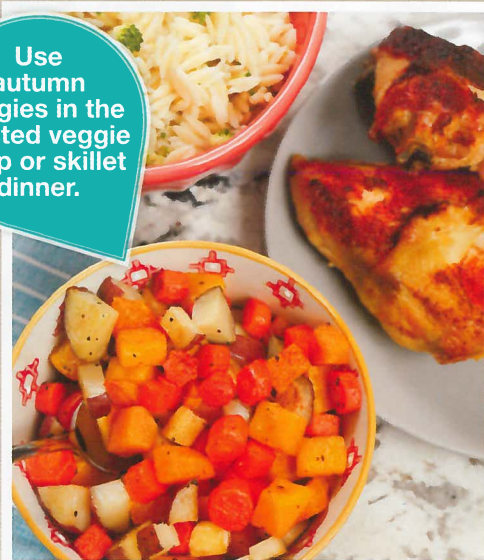
Add roasted market veggies to tacos, quesadillas, enchiladas or fajitas.



Add to cooked pasta. Sprinkle with grated parmesan cheese.



Use autumn veggies in the roasted veggie soup or skillet dinner.



market veggies -

toss corn kernels, chopped zucchini and red peppers lightly with oil.

Roast in a 450° oven for 10 to 15 minutes.

spring veggies -

toss chopped asparagus, onion and red pepper strips lightly with oil and dry Italian herbs.

Roast in a 450° oven for 10 to 15 minutes.

autumn veggies -

cut carrots, parsnips, squash and red potatoes into bite size pieces. Toss lightly with oil.

Roast in a 450° oven for 30 to 40 minutes.



roasted veggie soup

- 1 cup cooked chicken
- 6 cups chicken broth
- 4 cups roasted vegetables
- 1 cup uncooked orzo or small pasta
- 1 tablespoon dry Italian herbs

Step 1 Pour chicken broth into a large pot. Bring to a boil.

Step 2 Add orzo or small pasta. Cook until the pasta is tender.

Step 3 Add cooked chicken, roasted vegetables and herbs to the soup. Heat and serve.

Makes 8 servings - One serving (1 cup) has 173 calories, 4 gm fat, 392 mg sodium and 3.5 gm fiber.



skillet dinner

- 1 pound ground turkey or beef
- 6 cups roasted vegetables

Step 1 Cook ground turkey or beef until the meat is brown.

Step 2 Add roasted veggies of your choice. Roasted potatoes, carrots, zucchini, broccoli or peppers are delicious in this recipe.

Step 3 Heat over medium high heat until warm.

Makes 6 servings - One serving (1 cup) has 269 calories, 11 gm fat, 109 mg sodium and 6 gm fiber.

snack on roasted veggies

Make a veggie tray - serve roasted veggies with low fat Ranch salad dressing, dill dip or hummus.

It's a fun way for you and your child to try new veggies!

