

## Oven-Roasted Vegetables

Source: SimpleSaverWife.com

Prep	Cook	Total
5 min	15 min	20 min

Serving: 6

Oven-roasting vegetables is a simple technique which brings out the sweetness in vegetables, so even your pickiest child may come back for seconds! Nearly every vegetable can be roasted, so pick your favorites and slowly introduce new ones!

### Ingredients

1-2 pounds **vegetables**

1-2 tbsp **olive oil**

**salt and pepper** *to taste*

### Directions

1. Preheat oven to 425.
2. Peel (if necessary) and chop the vegetables into bite-sized pieces. Place them on a large rimmed baking sheet. If roasting more than one type of vegetable, pair similar vegetables together to ensure even cooking (potatoes/sweet potatoes with carrots; broccoli with cauliflower or Brussels sprouts).
3. Drizzle 1 tablespoon olive oil over the vegetables, and gently toss to coat. Add additional oil if needed. Sprinkle with salt and pepper. Spread the vegetables into a single layer to cook evenly.
4. Roast the vegetables until tender and slightly charred. (Softer vegetables, such as cauliflower, will cook in approximately 12-15 minutes, while hard vegetables, such as winter squash or potatoes, will take 30-40 minutes, depending on the size of the pieces.)

