

Perfect Roasted Vegetables

I don't know what I would do without roasted vegetables. Any and all combinations work. They're easy to prepare and everyone loves them. I've suggested a number of variations to get you going.

Vegetables: Onions, carrots, eggplant, cauliflower, Brussels sprouts, shallots, canned artichoke hearts, peppers, cabbage, leeks (Depending on how you cut them, cooking time will be around 20 minutes)

String beans, asparagus, broccoli (8 – 12 minutes)

Olive oil and/or lemon, vinaigrette, soy, Teryaki, etc, as desired

Preheat oven to 450-degrees. Cover one or two cookie sheets with heavy duty aluminum foil. Baste or spray the foil with olive oil. Cut desired vegetables, thinly or thickly, as desired (see suggestions below). Place on cookie sheet by individual groups or mix together. They look beautiful presented both ways. Spray or baste the vegetables with oil, and lemon juice, vinegar, soy or Teryaki, if desired. Vinaigrette or any salad dressing also works well. If using two cookie sheets, roast on top and bottom of oven and switch sheets mid-way through. Place veggies on platter. Here are suggestions to think of as templates.

- Roast wedges of red onion, cauliflower florets, thickish strips of red and yellow pepper, a drained can of artichoke hearts and thick strips of carrots on one or 2 cookie sheets. Keep each vegetable separate. When done, arrange in stripes on a serving dish. Looks gorgeous.
- Cut thin strips of cabbage, carrots, peppers and onions. Baste with vinaigrette. Roast either separately or together. Toss with oil and vinegar.
- Cut veggies in small chunks (try, onion, peppers, eggplant, zucchini). Roast all mixed together with or without a drained can of diced tomato. Great as colorful vegetable or as a pasta sauce.
- Super easy: Eggplant slices basted with vinaigrette; Cauliflower basted with olive oil and a squeeze of fresh lemon juice; A drained can of artichoke hearts and some peeled carrots basted with olive oil or any salad dressing.

NOTE: Leeks and Brussels sprouts benefit from having about 1/2 cup of vegetable or chicken broth added to the pan. I often do them together even though they're both green.

Tomatoes are best slow-roasted for 2 -3 hours at 275-degrees or for a few hours.