



COOKING 101

REAL FOOD MADE SIMPLE

with Olivia Borer

WEEK 3: ROASTED VEGETABLES

WEEK 3 PLAN

VIDEO: Introduction to Roasting Vegetables

In this video, I introduce you to my favorite way to prepare vegetables: roasting. Roasting vegetables imparts a wonderful flavor to the vegetables, making even the pickiest of eaters enjoy vegetables. We will cover the best vegetables for roasting, as well as tips and tricks to ensure the best taste each time.

PDF: How to Roast Vegetables + Base Recipe

Use this base recipe for roasting vegetables of all kinds to pair as the perfect side dish to any protein.

VIDEO: Cooking Roasted Vegetables

In this video, watch as I prep and roast several different vegetables including carrots, potatoes, green beans, Brussels sprouts, broccoli, zucchini, and cauliflower.

PDF: Roasting Vegetables FAQs

Learn which vegetables roast well, what cooking fats and oils to use, how to heat the oven and prepare the pan, the appropriate cooking time, and the spices to use.



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ROASTED VEGETABLES

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Cook Time: 15-60 minutes
Servings Vary

INGREDIENTS

- 2-3 Cups Vegetables of Choice
- 1 Tbsp Sea Salt
- 1 Tsp Black Pepper (opt.)
- 1 Tsp Garlic Powder (opt.)
- 1/4 cup Coconut Oil or Butter, melted OR Avocado Oil

Pair roasted vegetables with any protein. They also taste amazing with avocado, guacamole, or any of the Primal Kitchen brand dressings.

DIRECTIONS

1. Preheat the oven to 400-425 degrees.
2. Line a large cookie sheet (or 2) with parchment paper.
3. Cut the veggies into 1/2-2" pieces (smaller pieces cook faster; see below).
4. Scatter in a single layer across the pan.
5. Drizzle with cooking fat of choice.
6. Sprinkle evenly with spices and salt.
7. Bake for 25-45 minutes, depending on the vegetable (see below).
8. If desired, broil the last 2-5 minutes for extra crispiness.
9. Store for up to 6 days in the fridge.

VEGETABLE COOKING TIMES

- Carrots, sliced lengthwise - 45 minutes; 1/2" coins - 25-30 minutes
- Potatoes, sliced 1/4" pieces - 20-25 minutes
- Potatoes, mini, round, whole - 30-45 minutes
- Potatoes, halves - 30-40 minutes
- Brussels Sprouts, halves - 25-30 minutes
- Brussels Sprouts, whole - 30-40 minutes
- Cauliflower, florets 1" pieces - 30-40 minutes
- Broccoli, florets 1" pieces - 25-35 minutes
- Asparagus - 15-20 minutes
- Green Beans - 15-25 minutes
- Zucchini, halved lengthwise - 20-25 minutes; 1/4" slices - 15-20 minutes
- Butternut/Winter Squash, cubed - 30-40 minutes; halved - 50-60 minutes

Cooking times are approximate; I like vegetables cooked longer and less crunchy. Adjust as needed.

Cook times depend on how efficient your oven is, size of pieces of veggies, and how crowded the pan is (or if there's another pan in the oven).

ROASTED VEGETABLES FAQs

How Hot Do I Make the Oven?

- A hot oven works best for roasted vegetables, somewhere between 400–450 degrees. Choose an appropriate temperature based on your oven's age and heat capacity.

What Kitchen Tools Do I Need?

- A large cookie sheet and parchment paper are musts to roast vegetables. Vegetables will not stick to parchment paper, making clean up a breeze. You will also need a vegetable peeler and good paring knife.

Which Cooking Fats Do I Use?

- I prefer to use butter, ghee, or coconut oil because the fatty acid profiles hold up well to high heat. However, avocado oil or olive oil can be used if the oven temperature is at 400 or lower.

How Much Salt and Spice Do I Use?

- Be generous with sea salt when roasting vegetables. The salt brings out the flavor along with the cooking fat of choice. Feel free to experiment with spices in addition to salt. Black pepper and garlic, Italian seasoning, or chili powder and cumin make great options.

How Long Do the Vegetables Cook?

- Until they are done! It truly depends on the oven, size and shape of the vegetables, and how crowded the pan and oven are. Smaller or thinner cuts of vegetables will cook much faster than larger or thicker vegetables.