

## Let's Talk Food Literacy

### Roasted Vegetables

#### Ingredients

##### Vegetables:

Use what you have! Examples:

- onions
- celery
- tomatoes
- peppers
- zucchini
- eggplant
- Broccoli and peeled stems
- carrots\*
- potatoes\*
- sweet potatoes\*
- parsnips\*

*\*These take longer to roast*

##### Other:

- 2 Tbsp vegetable oil
- Herbs and Spices (e.g. paprika, oregano, rosemary, salt and pepper)

#### Directions

1. Turn oven on to 375°F.
2. Wash, peel and chop vegetables.
3. Place vegetables in a large bowl and add oil, herbs and spices. Toss together.
4. Pour vegetables onto a baking sheet lined with parchment paper and bake in the oven for 25-35 minutes, stirring occasionally.
5. Serve with whole grains and a protein!

**Watch the how-to video!** [www.youtube.com/watch?v=xiW6QfCc9EI](https://www.youtube.com/watch?v=xiW6QfCc9EI)



*Roasted Vegetables*

#### Tips and Tricks:

- ⇒ **Wash hands** with soap and water before, during and after preparing food.
- ⇒ **Use the vegetables you have on hand!**
- ⇒ **Get creative!** Try in a wrap, burrito, fajita, as a side or on a salad!
- ⇒ **Harder vegetables, like carrots, potatoes and parsnips need more time to soften.** Cut them into smaller pieces OR bake for a while first, then add softer vegetables to try.