

Quick-Roasting Winter Vegetables

Source: *Fine Cooking - Issue 25*

Helpful Hints: Vegetables, Roasting

1 lb or more vegetable of choice (sliced as described in chart below)
About 2 TBS vegetable or olive oil (see chart)
About 1/2 tsp kosher salt (see chart)
About 1 TBS fresh thyme, oregano or sage (roughly chopped)
OR rosemary (finely chopped)

Heat oven to 450° F. Combine sliced vegetables, oil, salt + herbs in bowl. Toss to coat thoroughly. Arrange vegetables in single layer without crowding on large parchment- or foil-lined rimmed baking sheet. Roast till soft on inside (test with the tip of a knife or a wooden skewer) and browned on outside (check bottoms). If you like, flip vegetables halfway through cooking. Serve warm or at room temperature, or with dressings.

How to Slice/Season Winter Vegetables for Quick-Roasting

beets 1 lb (about 3 medium) leave unpeeled, scrub root, cut off ends, slice 1/16" thick 2 TBS Oil 1/2 - 1 tsp Kosher salt 1/2 - 1 TBS Fresh herbs 18 minutes at 450° F

carrots 1 lb (about 5 large) trim ends, peel, slice on sharp diagonal 3/16-inch thick 2 TBS Oil 1/2 - 1 tsp Kosher salt 1/2 - 1 TBS Fresh herbs 18 minutes at 450° F

red onions 1 lb (about 3 small) trim ends, peel, slice 1/4" - 3/8" thick 2 TBS Oil 1/2 to 1 tsp Kosher salt 1/2 - 1 TBS Fresh herbs 22-24 minutes at 450° F

parsnips 1 lb (about 4 large) trim ends/peel/slice on sharp diagonal 3/16" thick 2 TBS Oil 1/2 - 1 tsp Kosher salt 1/2 - 1 TBS Fresh herbs 20-22 minutes at 450° F

red potatoes 1 lb (3 to 4 small) leave unpeeled, scrub/slice 3/16" thick 2 TBS Oil 1 tsp Kosher salt 1/2 - 1 TBS Fresh herbs 20-22 minutes at 450° F

sweet potatoes 1 1/2 lbs (2 medium) leave unpeeled, scrub root, slice 1/4" thick 2 1/2 TBS Oil 1 tsp Kosher salt 1 TBS Fresh herbs 20 -22 minutes at 450° F

turnips 1 lb (about 3 small) leave unpeeled, scrub root, cut off ends, slice 1/8" - 3/16" thick 2 TBS Oil 1/2 - 1 tsp Kosher salt 1/2 - 1 TBS Fresh herbs 25 minutes at 450° F

winter squash 1 lb (about 2 small acorn or 3 delicata) trim ends, cut horizontally into 1/2" slices, cut seeds away by running paring knife round the inside of rings 2 1/2 Tbs. Oil 1 1/2 tsp Kosher salt 1 TBS Fresh herbs 20 -22 minutes at 450° F

Nutrition Facts (per serving): **Calories:** 399 **Fat:** 30g **Carbohydrates:** 36g **Cholesterol:** 0mg **Sodium:** 2101mg **Protein:** 4g **Fiber:** 11g **% Cal. from Fat:** 68% **% Cal. from Carbs:** 36%