Tip 6: Try Roasting Your Vegetables

Looking for a different and flavorful way to cook vegetables? Roasting vegetables is an easy technique to bring unique flavors to your weeknight dinner rotation. The variations are endless when it comes to the different combinations of vegetables and spices. You can even roast a large quantity of vegetables one night and use leftovers for the rest of the week since they are delicious hot out of the oven, room temperature, or cold on top of a salad.

If you are roasting vegetables for the first time, make sure to chop the vegetables in uniform pieces, use a sturdy, rimmed baking sheet, and toss the vegetables with a little olive oil and whatever spices you are using before roasting (read more on Top Five Rules of Roasting Vegetables). Roast the vegetables at 375°F with times ranging from 15 minutes to 1 hour, depending on the vegetable.

If you already have experience with roasting vegetables, experiment with a new spice or vegetable. For example, fennel can make a wonderful addition to your usual roasted vegetables. Below are a few vegetable and spice combinations to help get you started:

- Cauliflower with cumin, coriander, and cayenne pepper
- Sweet potato oven fries (make them savory or sweet)
- Broccoli with garlic powder

For even fresher flavors use in-season produce. Fresh winter produce can help break up your routine vegetable selection. Some tasty in-season vegetables around this time of year include Brussels sprouts, acorn squash, delicata squash, sweet potatoes, beets, and kale.