



VEGETABLE ROASTING TIMES

- Use longer time at 400°F and shorter time at 450°F
- Line baking sheet with parchment paper or silicone mat
- Use extra virgin olive oil or avocado oil
- Cut veggies into uniform pieces

Vegetable	Preparation	Cooking time
Artichokes	Halved	55-70 minutes
Asparagus	Whole or diced	10-15 minutes
Beets	Peeled, diced into 1" cubes Whole	25-35 minutes 50-60 minutes
Bell peppers	Strips	15-20 minutes
Bok choy	Halved	10-15 minutes
Broccoli	Florets	20-30 minutes
Brussels sprouts	Whole Halved or quartered	25-35 minutes 20-25 minutes
Cabbage	Wedges or ½" steaks	20-25 minutes
Carrots	Whole 1" circles	45-55 minutes 25-35 minutes
Cauliflower	Whole Florets	50-60 minutes 20-30 minutes
Eggplant	Breaded rounds Strips or cubes	25-30 minutes 20-25 minutes
Fennel	Strips	20-25 minutes
Garlic	Whole	30-40 minutes
Green beans	Whole or halved	20-30 minutes
Kohlrabi	1" cubes Whole	25-35 minutes 45-60 minutes
Mushrooms	Whole Halved or quartered	20-25 minutes 15-20 minutes
Onions	Strips Whole	20-30 minutes 50-60 minutes
Parsnips	Whole 1" circles	45-55 minutes 25-35 minutes
Peas	Whole	20-25 minutes
Potatoes	1" cubes Whole	25-35 minutes 50-60 minutes
Radishes	Whole	25-35 minutes
Rutabaga	1" cubes	25-35 minutes
Spaghetti squash	Halved, flesh side down	35-45 minutes
Tomatoes	Whole, cherry or grape	20-30 minutes
Turnips	1" cubes	25-35 minutes
Winter squash	1" cubes	25-35 minutes
Zucchini	1" circles	15-20 minutes

