



# Emily Luchetti

## Roasted Veggies

Perhaps it's the baker in me but my favorite way of cooking vegetables is to roast them in the oven on a baking sheet. They have so much more flavor than steamed or boiled. This way is easier to prepare than stove top veggies- no turning them over. Plus you don't have to clean the stove top after.

Unlike baking I don't really follow a recipe.

Preheat oven to 425 degrees. (Use convection if your oven has it.)

Chop your veggies up into whatever size you want. Here's roughly what I do:

Carrots- on the diagonal 1/8<sup>th</sup> inch thick

Cauliflower and Broccoli- 1 inch florets

Butternut Squash - buy it from the store already cut up

Cherry tomatoes- leave whole

Green beans- I prefer the small French green beans for flavor and tenderness.

Mushrooms- For more flavor use brown over white Crimini and cut into quarters

Toss the veggies lightly with kosher salt and olive oil. Spread out in a single layer on a cookie sheet with sides. Bake for about 10 minutes. Timing will depend on the size of your veggies and how much you like them cooked. You don't want them raw but they shouldn't be soggy either. I make them al dente like my pasta.