



Perfectly Roasted Vegetables

Savannah · 28/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

6

Description

Roasted vegetables especially roasted beets cauliflower Brussels sprouts and potatoes are one of my absolute favorite side dishes in winter They take a while to cook but overall are an extremely easy dish to prepare Ive found that the key is to place them low in the oven so that you get a good caramelized side Dont move or flip them but keep an eye on them so that you dont go from caramelized to burned

Ingredients

- - 2 cups Brussels sprouts
- trimmed - 1 cup large Yukon Gold potato chunks - 1 cup large rainbow carrot chunks - 1 cup cauliflower florets - 1 cup cubed red beets - ½ cup shallot chunks - 2 tablespoons olive oil - salt and ground black pepper to taste

Instructions

1. Preheat the oven to 425 degrees F (220 degrees C). Set an oven rack to the second-lowest level in the oven. Fill a bowl with lightly salted water. Place Brussels sprouts in salted water and let sit for about 15 minutes; drain. Stir potatoes
2. carrots
3. cauliflower
4. beets
5. shallot
6. olive oil
7. salt
8. and pepper together in a bowl. Arrange vegetables in a single layer on a baking sheet. Roast in the preheated oven until caramelized and cooked through
9. about 45 minutes. Cook's Note: Measurements of veggies don't really matter
10. just use what you have and what you want. Other vegetables can be substituted for those above. Regular carrots
11. yellow or pearl onions
12. any kind of potato
13. including yams or sweet potatoes
14. any kind of beet
15. asparagus
16. etc.
17. are all good options.