

News Release
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Try Roasted Veggies

For many of us, summer means fresh veggies straight out of the garden. Some vegetables are perfect just eaten raw. But there are so many ways to fix vegetables - steamed, baked, grilled and many more. We're told we should eat more vegetables, but due to some vegetables being mistreated or overcooked, many vegetables are shunned and never tasted again!

Thankfully, there is a very simple solution. It's called roasting. Anyone with access to an oven, a baking sheet, a tablespoon of oil and a pinch of salt and pepper can handle this cooking style. It's amazing what roasting does to vegetables. The flavors melt and caramelize at the same time creating a taste that is sweet and irresistible. Almost any vegetable can be roasted.

I initially tried roasting vegetables when I ordered the box with all the ingredients and in theory a meal that was ready to go. It was so handy to have everything in a box and I did try new foods and new ways of cooking those foods. I'm not advocating ordering meals in a box, but if it helps you get cooking at home, then it may be worth a try.

The process for roasting is simple. Here's a recipe from Iowa State Extension:

Ingredients:

5 cups assorted vegetable pieces - cut in chunks (potatoes, sweet potatoes, winter squash, turnips, carrots, onions, mushrooms)

1 tablespoon oil (canola or vegetable)

2 teaspoons dried Italian seasoning

1/8 teaspoon ground black pepper

1/8 teaspoon salt

Instructions:

Heat oven to 425° F. Line a 9"x13" pan with aluminum foil. Spread vegetables in pan. Sprinkle oil on vegetables. Stir. Sprinkle with Italian seasoning, pepper, and salt. Stir. Bake uncovered 45 minutes. Turn every 15 minutes. Serve while hot.

The downside roasting the vegetables in the summer is that it does heat up the kitchen, so be brave and try the grill. Either way, enjoy those veggies.

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