

SERVES: 2-4 PREP TIME: 20 MIN COOK TIME: 35 MIN SKILL LEVEL:





OVEN ROASTED VEGGIES

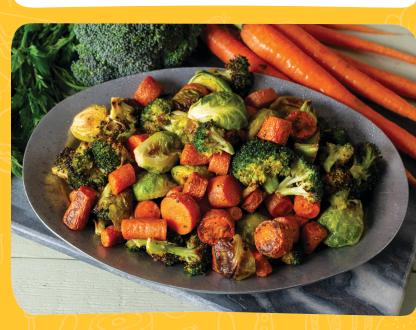
INGREDIENTS:

1/2 pound fresh carrots1/2 pound fresh broccoli1/2 pound fresh Brussels sprouts2 tablespoons high quality olive oilsalt and pepper to taste2 tablespoons parsley, chopped



ITEMS TO GATHER:

apron the largest baking sheet you have! chef's knife cutting board large bowl tongs measuring spoons oven-safe mitts



GET COOKIN'!

INSTRUCTIONS:

Place all your ingredients and cooking tools on the counter near your cooking area.

Preheat the oven to 425°F.

Clean and trim the veggies into similar sizes, approximately 1¼ inch pieces. All the veggies will shrink while in the oven, so be sure not to cut them too small. Place cut veggies into a bowl.

Drizzle the veggies with the olive oil. Sprinkle with salt and pepper. Using your clean hands, mix the veggies until the oil and seasonings have coated the veggies evenly.

Dump the veggies onto the baking sheet and separate so they aren't touching one another. Giving them space will help them to brown nicely.

Using oven-safe mitts, place the baking sheet with the veggies into the oven and bake for 15 minutes. Using oven-safe mitts, carefully remove the baking sheet from the oven and turn over the veggies with tongs. Put oven-safe mitts back on and place the baking sheet back in the oven. Cook another 15–20 minutes or until the veggies are nicely browned.

Using oven-safe mitts, carefully remove the baking sheet from the oven. Sprinkle the veggies with parsley and serve hot. **ENJOY!**

HELPFUL HINT:

Use precut vegetables to reduce prep time!

STAY SALTY

Let's talk about salt!

Table

- Most commonly available
- Heavily ground (small crystals)
- Most impurities and trace minerals removed: iodine is usually added

Kosher

- A coarse (large crystals) white salt
- Used mainly in cooking
- Due to the size of crystals, it is also used as an abrasive cleaner for cast iron skillets

Pink Himalavan

- Comes from Pakistan and is a coarse salt (larger crystals)
- Often contains trace amounts of iron oxide (rust), which gives it a pink color
- Lower in sodium than regular table salt
- It's pretty, which can help make dishes look nice





©2022 Haggen • 220225-03







