

ROASTED VEGGIES

BUILDING HEALTHY COMMUNITIES



Roasting vegetables helps caramelize them which brings out a deep, sweet flavor and a golden-brown color. While roasting vegetables takes longer, the extra time is worth it!

Roasted veggies retain the heart-healthy fiber, vitamins and minerals needed for preventing disease!

BENEFITS OF ROASTING:

By switching to roasting, you not only eliminate added fat but also allow any fat in the food to drip away. The healthy-cooking methods described here best capture the flavor and retain the nutrients in foods without adding excessive amounts of fat or salt. Use them often to prepare your favorite dishes.

Varying your cooking methods and eating raw vegetables and fresh salads as well, dietitians say, may provide the broadest spectrum of nutritional benefits.

ROASTED VEGGIE COOK TIMES:

Eggplant

Roast for 30-35 min
Full of potassium and fiber



Asparagus

Roast for 10-15 min
High in Vitamin K & good for bone health

Carrots

Roast for 40-45 min
Lots of fiber, good for eye health

Summer Squash

Roast for 10-15 min
High in Vitamin K & good for bone health

Broccoli

Roast for 20-25 min
A great boost for your immune system



[Check out recipes and more info on roasted vegetables here!](#)