



## Roast for the Most

**Q** I'm always trying to get more vegetables on my family's plate—any ideas?

**A** I love how I feel when I keep my diet full of veggies! As temperatures dip, I turn to a standby for help—the roasting pan. Roasting adds flavor and can transform the taste of a familiar favorite. Just cut the vegetables into manageable cubes, florets or thick slices, toss in a bit of olive oil, sprinkle with salt and pepper, and pop into a hot (400°F) oven until golden brown on the outside and tender on the inside. Cooking times can be as short as 5 minutes for slender asparagus or as long as 30 minutes for cauliflower. A good rule of thumb is to check them at 10 minutes (except for delicate vegetables like asparagus), flip, and then every 5 minutes until the vegetables are roasted the way you like them.

Roasted vegetables are great plain, but you can also top with a little lemon juice, fresh herbs, sesame seeds with rice vinegar and a splash of soy sauce or a spoonful of pesto. You can even roast frozen vegetables—no need to thaw. Just add a few minutes to the cooking time. Stocking the freezer with frozen veggies is an excellent winter-time strategy for keeping produce front and center on your plate.

---

*Melissa d'Arabian is a Food Network host, best-selling author, and mother of four. Her new cookbook Supermarket Healthy is available now. Ask her a question about cooking for the holidays at [relish@amgparade.com](mailto:relish@amgparade.com).*