



ROASTED VEGETABLES

RECIPE AND INGREDIENT FACTS SHEET

What are Vegetables?

Vegetables are edible parts of plants like roots, leaves, and stems. They're packed with vitamins, minerals, and fiber that help keep the body healthy. Eating a variety every day supports overall wellness.

Health Benefits of Vegetables

- **Rich in nutrients** – provide vitamins and minerals for overall health.
- **High in fiber** – support healthy digestion.
- **Protective antioxidants** – help lower disease risk.
- **Low in calories** – support weight management.



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Recipe (serves 6)

Food for Thought

Raw veggies can be taxing on the digestive system. However, when roasted, the vegetables become much easier for your body to digest. This is a super versatile recipe, and can be used with most any vegetable—try a few different ones, experimenting with various herbs (fresh or dried) and vegetables to find which you like best. Some ideas: tomato with basil, carrots with tarragon, and cauliflower with curry powder.

Ingredients

- Asparagus, cauliflower, zucchini or any vegetable
- Olive oil
- Salt and pepper
- Fresh or dried herbs or spices of your choice

Instructions

1. Preheat oven to 400F
2. Prepare vegetables: Cut off the bottom 1-2 inches of the asparagus spears, cut other vegetables into similar-sized pieces
3. Toss vegetables with olive oil, and place on a parchment-lined baking sheet. Sprinkle with salt, pepper and herbs.
4. Cook for 20-30 minutes, being sure to watch so the veggies don't burn
5. This is a very versatile dish. Serve hot straight from the oven, warm, or even at room temperature.



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READ MORE ABOUT THE HEALTHY INGREDIENTS!

Health Benefits of Asparagus and Other Vegetables

Asparagus and other fiber-rich vegetables offer powerful benefits for your heart and digestion:

- **Asparagus** – rich in folate for heart health and inulin, a fiber that supports digestion.
- **Fiber boost** – asparagus, cauliflower, and zucchini provide fiber that may lower bad cholesterol and regulate bowel movements.
- **Overall wellness** – these vegetables support a healthy heart, gut, and digestive system.

Benefits of Roasting Vegetables

Roasting is one of the easiest and tastiest ways to enjoy vegetables. It enhances flavor while keeping meals simple, healthy, and versatile.

- **Enhances flavor** – brings out natural sweetness and creates a rich, caramelized taste.
- **Simple cooking** – quick and easy with minimal prep.
- **Versatile** – works with many vegetables and seasonings.
- **Healthy option** – uses little added fat while preserving nutrients.
- **Family-friendly** – makes vegetables more appealing to kids and adults alike.

A Guide to Using Oils When Roasting Vegetables

1. **Choose healthy oils** – Olive oil and avocado oil are great options with heart-healthy fats.
2. **Use lightly** – Just 1–2 tablespoons is enough to coat a full pan of veggies.
3. **Coat evenly** – Toss vegetables in a bowl or use your hands to spread oil evenly for crisp results.
4. **Avoid excess** – Too much oil makes veggies soggy instead of crisp.
5. **Try variety** – Experiment with flavored oils or add herbs and spices for extra taste.