

How Long Should I Roast My Vegetables?

A Brief Guide to Common Vegetable Roasting Times

Roasting Time (in minutes)	15	20	25	30	35	40	45	60	90
Acorn Squash									
Artichokes, hearts									
Artichokes, whole									
Asparagus									
Beets									
Bell peppers, chopped									
Bell peppers, whole									
Broccoli									
Brussel sprouts									
Butternut squash, cubed									
Butternut squash, halved									
Cabbage, wedges									
Carrots									
Cauliflower, steaks									
Cauliflower, florets									
Celery root									
Cherry tomatoes									
Chickpeas									
Corn on the cob									
Eggplant									
Endives									
Fennel, bulb									
Garlic*									
Green beans									
Kale**									
Kohlrabi									
Leeks									
Mushrooms									
Okra									
Onions, chopped									
Onions, halved									
Onions, whole									
Parsnips									
Potatoes, cubed									
Radishes									
Rutabagas									
Shallots									
Sweet peppers, whole									
Sweet potatoes, cubed									
Sweet potatoes, rounds									
Sweet potatoes, whole									
Tomatillos									
Tomatoes									
Turnips									
Wax beans									
Yellow squash									
Zucchini									

How to Roast Vegetables:

(1) Clean and prep vegetables - they should be chopped into similar-sized pieces for even cooking.

(2) Coat with oil (vegetable oil, olive oil, canola oil, avocado oil, etc.)

(3) Season with salt and any other desired seasoning.

(4) Roast at 425° F (218 °C) for the appropriate amount of time.

*Garlic and chickpeas can be roasted at temperatures anywhere between 375° - 400° F. The lower temperature allows for a more gradual and forgiving roast

**Kale should be roasted at a lower temperature (350° F) to avoid burning the leaves

