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Roasted Garden and Root Vegetables

I give thanks to the Almighty for creating this beautiful garden we refer to, as the Earth. Every single plant that God has created includes nutritional benefits, that assist in the natural healing or preservation of my body. I enjoy my vegetables in a many different ways.



There is a nutritious vegetable in this dish for everyone. While most children shy away from vegetables, I encourage my children to eat healthier. They embrace culinary cuisine, just as I do. If there is a specific food item that they claim to dislike, I usually put on my cooking shoes, and recreate the dish in such a way, that they don't even realize, that their so called "disliked" food product was even included, let alone, made its way onto their plate.

Roasting vegetables is super easy, and I do find that most vegetables taste so much better when roasted. They become juicier and tastier. I am more inclined to eat my vegetables when they are roasted. With such variations, it makes it super easy for me to create a meal. I can't say this enough: vegetables are so filling, that I really don't miss the rice, pasta or the usual dumplings.

My roasting time depends on the texture that I want to achieve. Roasting for 15 minutes produces a crispier texture, sort of like a vegetable chip. If my goal is to have the vegetables release their natural juices, then I may roast them for about 45 minutes. Is there a vegetable that you dislike? Maybe you don't like onions. Try roasting it instead. Close your eyes and take a bite. Forget that it's called an onion. Savor the flavor. Enjoy the moment. It may totally influence your opinion of how and what you thought about its previous taste.

HERE'S THE RECIPE:

Oven Roasted Garden and Root Vegetables

Extra Virgin Olive Oil

Kosher Salt

Cayenne Pepper
2 sprigs of Thyme
2 purple potatoes cut into 1 inch chunks
2 carrots cut into 1 inch diagonally
2 campari tomatoes sliced in half or quartered
2 plum tomatoes sliced in half
2 green zucchini squash sliced diagonally, about 1 inch thick
2 sweet yams peeled and cut into chunks
1 vidalia onion cut into 1 inch quarters
3 medium purple beets whole
3 ears of corn cut into 1-2 inch chunks
3 black radishes peeled and cut into halves
½ pound green beans whole or sliced, stems trimmed
½ pound okras cut in half or whole, stems trimmed

Preheat oven to 400 degrees
Combine kosher salt and cayenne pepper in a bowl
Place vegetables on a baking sheet
Season with kosher salt and cayenne pepper blend
Drizzle extra virgin olive oil liberally over vegetables (don't skimp)
Toss vegetables with hand to coat with olive oil/ salt and pepper mixture
Spread vegetables in a single layer on baking sheet (do not overcrowd)
Sprinkle with thyme leaves removed from the stems
Place in 400 degree oven on top rack
All vegetables will not roast at the same rate, some will roast faster than others
Potatoes and beets may take a little longer
Check periodically for desired tenderness
If drying out, add more olive oil and toss
Roast for 40 – 50 minutes

You can also remove tender roasted vegetables from oven and allow the other vegetables to cook
Vegetables should be caramelized and releasing succulent juices

Enjoy!

Feel free to contact me at: My Facebook Fan Page or Support@Angeluscious.com or at (954).489.8257.

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