

How to Roast Vegetables So They Actually Brown

The biggest difference between browned roasted vegetables and soft steamed vegetables is usually moisture and pan space. This method gives you a reliable starting point and shows what to look for. This starter version uses broccoli and carrots, with each cut to suit its cooking time.

MAKES 4 SIDE SERVINGS • PREP 10 MIN • ROAST ABOUT 20-30 MIN

Ingredients

- 1 pound broccoli florets
- 1/2 pound carrots, peeled and cut into 1/4-inch diagonal slices
- 2 tablespoons olive oil
- 1/2 teaspoon fine salt
- 1/4 teaspoon black pepper
- lemon juice, optional

Tools: Large rimmed baking sheet, cutting board, knife, bowl, spatula.

How to Tell It’s Ready

The vegetables should have browned edges and be easily pierced with a fork. Cook a little longer if you prefer them softer.

How to Make It

1. Heat the oven. Preheat a conventional oven to 425 F. Use a large baking sheet or two smaller ones.
2. Wash, dry, and cut. Dry washed vegetables well. Cut broccoli into similar bite-size florets and carrots into thin slices so they can cook in roughly the same time.
3. Season lightly. Toss with oil, salt, and pepper until lightly coated. Spread in one layer with room between pieces.
4. Roast and turn. Roast for 12-15 minutes. Turn the vegetables, then roast for another 8-15 minutes, checking for tenderness. Remove individual pieces if they finish earlier.
5. Finish and serve. Taste and adjust seasoning. Add a small squeeze of lemon if you like.

Troubleshooting

Wet vegetables or a crowded pan trap steam. Use another sheet rather than piling vegetables on top of each other.

Jane’s Note

Roasted vegetables are an easy way to round out dinner. Start with one or two kinds until you know how quickly they cook.

This timing is for broccoli and thinly sliced carrots. Potatoes, beets, zucchini, and asparagus cook at different rates; roast separately or add them in stages.

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