

Estimated Roasted Times for Vegetables

FORKS OVER KNIVES ONLINE COOKING COURSE

Here are estimated roasting times for common vegetables. Make sure your oven has been heated to 475°F (230°C) before roasting begins. Wash, peel (if necessary), and make sure the vegetables are dry before preparing them for roasting.

Vegetable	How to Prepare	Aproximate Roasting Times
Asparagus	Snap off tough ends	Roast 5 minutes, flip, then roast at least 3 to 5 minutes more, or until tender and somewhat shriveled
Beets	Cut roughly into 1-inch pieces	Roast 8 to 10 minutes, flip, then roast 10 minutes more, or until tender
Brussels sprouts	Halve lengthwise	Roast 12 to 15 minutes, or until tender (no need to flip)
Broccoli crowns	Cut into 1 1/2 to 2-inch inch florets	Roast 5 to 8 minutes, flip, then roast 3 to 5 minutes more, or until tender
Butternut squash	Cut roughly into 1-inch pieces	Roast 8 to 10 minutes or until browned on bottom, flip, then roast 5 to 10 minutes more, or until tender
Carrots	Cut into 1-inch pieces	Roast 8 to 10 minutes, flip, then roast 3 to 5 minutes more, or until tender
Cauliflower	Cut into 1 1/2-inch florets	Roast 5 to 8 minutes, flip once brown, then roast at least 8 to 10 minutes more, or until tender
Fennel	Quarter lengthwise, keeping the core intact; cut into 3/4 to 1-inch wedges	Roast 8 to 10 minutes, flip, then roast 8 to 10 minutes more, or until tender
Green Beans	Trim stem end	Roast 8 to 10 minutes until tender and somewhat shriveled (no need to flip)
Mushrooms	Wipe clean and trim stems	Roast stem-side down for 8 to 10 minutes or until brown on bottom, flip, then roast 5 minutes more until browned
Parsnips	Cut roughly into 1-inch pieces	Roast 8 to 10 minutes until brown on bottom, flip, then roast 3 to 5 minutes more, or until tender
Potatoes	Cut roughly into 1-inch pieces	Roast 10 to 12 minutes, flip, then roast 5 to 8 minutes more, or until browned
Rutabagas	Cut roughly into 1-inch pieces	Roast 8 to 10 minutes or until brown on bottom, flip, then roast 5 to 8 minutes more, or until tender
Sweet potatoes	Cut roughly into 1-inch pieces	Roast 8 to 10 minutes or until brown on bottom, flip, then roast 5 minutes more, or until tender
Turnips	Cut roughly into 1-inch pieces	Roast 8 to 10 minutes, flip, then roast 5 to 8 minutes more, or until tender