

From the
kitchen of

J.T. Ellison



Ingredients

You can use any veggie you like, though my lineup is usually:

- ✓ Carrots
- ✓ Sweet Peppers
- ✓ Cauliflower
- ✓ Red Potatoes
- ✓ Sweet Potatoes

Also good to have handy:

- ✓ Cooking oil of your choice
(I use [Bertolli Extra Virgin Light Olive Oil](#))
- ✓ Sea salt
- ✓ Cracked black pepper

Simple Roasted Vegetables

(makes 2–4 servings)

When I'm on deadline, I can get a meal on the table without much effort when I utilize my slow cooker (I especially enjoy [this Mango Chutney Pork Loin](#)) and pop some veggies in the oven to roast. It's a win-win for my deadline and my appetite.

Directions

- Preheat the oven to 400 degrees.
- Wash the veggies and dry them thoroughly.
- Arrange the dry veggies in a roasting pan (feel free to crowd the pan, but leave enough room so the veggies can cook all the way through).
- Drizzle heavily with oil, then coat with salt and pepper.
- Toss the veggies, making sure the oil and spices are evenly dispersed.
- Roast for 45 minutes, stir the veggies, then cook for 15 minutes more. I like my veggies crispy-done.

Cook's Note

- *If I'm in a hurry, I'll roast my veggies at 425 degrees for 40 minutes, tossing after 20 minutes.*
- *If you like your veggies softer (or want a lower caloric load), you can substitute some veggie broth for the oil, adding 1/3 cup of broth to the bottom of the pan.*

As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com.

Want a wine to go with your recipe? Check out J.T.'s wine blog, *The Wine Vixen*, at TheWineVixen.com.

