

Roasted Mixed Vegetables

By Melissa Clark

YIELD 2 to 3 servings

TIME 45 minutes

Make this your go-to recipe any time roasted vegetables are on the menu. The technique will work for any high-moisture vegetable, and the process of cutting your selected vegetables into 1-inch pieces allows them all to cook at the same rate. The optional garlicky yogurt sauce turns a pan of roasted veggies into a light meal, especially when paired with some crusty bread or a bowl of rice or other grains, or you can serve these as a colorful side dish.

INGREDIENTS

FOR THE VEGETABLES:

8 cups vegetables (any combination of broccoli, zucchini, cherry tomatoes, brussels sprouts, mushrooms), cut into 1-inch pieces (see Tip)

2 tablespoons extra-virgin olive oil, plus more for serving

1 ¼ teaspoons kosher salt (such as Diamond Crystal)

Freshly ground black pepper

4 fresh thyme sprigs or 1 teaspoon dried thyme (optional)

FOR THE (OPTIONAL) GARLICKY YOGURT SAUCE:

1 cup whole-milk Greek yogurt

1 to 2 garlic cloves, finely grated or minced

1 tablespoon extra-virgin olive oil

Pinch each salt and freshly ground black pepper

PREPARATION

Step 1

Prepare the vegetables: Heat oven to 425 degrees. Add the vegetables to a rimmed sheet pan. Add 2 tablespoons oil, the salt, pepper and thyme (if using), and gently toss vegetables to coat. Use your hands to spread the vegetables out into one layer, spacing them evenly all over the pan.

Step 2

Transfer to the oven and roast until they are tender and browned, 30 to 40 minutes, stirring at least once during roasting for even cooking.

Step 3

While vegetables roast, you can make yogurt sauce if you like: In a small bowl, combine yogurt, garlic, oil, salt and pepper. Taste and adjust seasoning. Cover and place in the refrigerator until ready to use.

Step 4

Serve roasted vegetables with a dollop of garlic yogurt, if desired, and a drizzle of oil on top.

Tip

If you'd like to swap these vegetables for denser vegetables, use any combination of carrots, potatoes, sweet potatoes, turnips, butternut squash and cauliflower, cut into 1-inch chunks. Add an extra tablespoon of oil and extra ½ teaspoon of salt. Roast for 40 to 50 minutes. These vegetables take longer to cook and absorb more oil while roasting.

PRIVATE NOTES

Leave a Private Note on this recipe and see it here.

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