Tips to Roast Vegetables



- Roasting veggies with some oil will help them become crispier
- To get the most flavor/crispier roast them on the top rack
- Seasoning before putting them in the oven will add flavor
- Flip veggies halfway through to ensure even cooking
- When roasting multiple types of veggies, ensure they have similar cooking times. Good pairs include:

Cauliflower and Broccoli

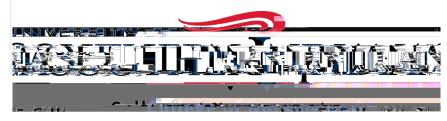
Carrots and Broccoli

Baby potatoes and Butternut Squash

Onions and Bell Peppers

Zucchini and Yellow Squash

Asparagus and Leeks









Shelf Life of Herbs and Spices

Seasoning	Shelf Life
Whole	2-5 years

Ground Spices



Herbs and Spices that Pair well with Proteins

Poultry

Basil, bay leaf, cilantro, cinnamon, curry powder, garlic, mace, marjoram, mint, onion, paprika, parsley, rosemary, sage, saffron, tarragon, thyme

Pork

All spice, caraway, celery seed, cloves, coriander, fennel, ginger, mustard powder, paprika, sage,

Beef

Basil, Bay leaf, black pepper, cayenne, cumin, curry powder, mustard powder, garlic, green pepper, onion, oregano, rosemary, sage, thyme

Fish

Bay leaf, cayenne, curry powder, chives, dill, fennel, lemon zest, marjoram, mint, mustard powder, onion, paprika, parsley, red pepper, saffron, sage, sesame seed, tarragon, thyme, turmeric

Lamb

Basil, Cinnamon, cumin, curry powder, garlic, marjoram, mint, onion, oregano, rosemary, sage, sesame seed, thyme

Chicken Fajita Bowls

Chicken Seasoning

2t Chili powder

1t paprika

½t onion powder

½t garlic powder

¼t cayenne pepper

¼t cumin

1 T oil

Bell Pepper and Onion seasoning

¼ t Salt

½ t Pepper

1 T oil

Rice

½ bunch Cilantro

1 Lime

Vegetable bouillon and/or salt

Directions

Start the rice in a pot with vegetable bouillon

First cook 1lb chicken in a pan on the stove with the oil and seasonings, remove from the pan

Then in the same pan cook a sliced onion and 2 bell peppers

When the rice is done add the lime juice and cilantro and fluff

Serve with parsley, salsa, avocado, lime juice