

# 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

<i>Seasoning</i>	<i>Shelf Life</i>
<i>Whole</i>	<i>2-5 years</i>
<i>Ground Spices</i>	



# 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