

Easy Roasted Vegetables - Golden, Crispy, and Packed with Flavor

And that splash of balsamic vinegar or lemon at the end? Absolute game changer.



OVEN
425°F

TIME
35 min

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INGREDIENTS

1 large carrot, peeled and sliced
1-2 cups broccoli florets
1 red onion, sliced into wedges
1 medium sweet potato or Yukon gold potato, cubed
1 zucchini or bell pepper, chopped
2-3 tablespoons olive oil (or avocado oil)
1 teaspoon garlic powder
1 teaspoon smoked paprika (or regular)
½ teaspoon dried thyme or rosemary
Salt and pepper, to taste
Optional: 1 tablespoon balsamic vinegar or lemon juice (added after roasting)

DIRECTIONS

1. ? Step 1: Preheat and Prep: Preheat your oven to 425°F (220°C). Line a large baking sheet with parchment paper for easy cleanup.
2. ? Step 2: Chop Evenly: Chop all vegetables into uniform, bite-sized pieces. This helps them roast evenly and get crispy edges.
3. ? Step 3: Season and Toss: In a large bowl, toss vegetables with olive oil, garlic powder, smoked paprika, thyme, salt, and pepper until everything is well coated.
4. ? Step 4: Spread and Roast: Spread veggies onto the baking sheet in a single layer. Avoid overcrowding-use two pans if needed.
5. Roast for 35 minutes, flipping halfway through. They should be golden brown and tender with crisp, caramelized edges.
6. ? Step 5: Finish and Serve: Drizzle with balsamic vinegar or lemon juice while hot. Garnish with fresh herbs if desired. Serve warm and enjoy!

SWAPS & NOTES

Veggies: Try cauliflower, mushrooms, Brussels sprouts, or parsnips.

Herbs: Swap thyme for rosemary, oregano, or Italian seasoning.

Oil: Avocado oil is great for higher roasting temps.

Finishing Touch: Balsamic glaze, lemon zest, or fresh parsley are great flavor boosts.

TIPS FOR SUCCESS

Don't overcrowd: This causes veggies to steam instead of roast.

Flip halfway: This helps both sides brown and crisp evenly.

Watch closely in the final minutes: Different veggies roast at different speeds-pull anything that gets too brown.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-roasted-vegetables-golden-crispy-and-packed-with-flavor/>