

# Roasted Potatoes (or sweet potatoes)

Roasting is simply baking with high heat, usually around 400 degrees F. When you bake vegetables, the natural sugars caramelize and create delicious flavors.

**Makes** as much as you bake, about 1 cup of vegetables per person

**Takes** 40 minutes

## Ingredients

Potatoes or other vegetables (see suggestions below), as much as you want to eat (about 1 cup per person)  
1 teaspoon oil per cup of vegetables (or just drizzle some on top of your veggies so they are lightly coated)

## Instructions

1. Preheat oven to 425 degrees.
2. Peel and cut your potatoes so they are all the same size
  - a. The smaller you cut them, the faster they will cook
  - b. Keeping them the same size is important because smaller pieces will burn before the big pieces are done
3. Coat your vegetables in oil, about 1 teaspoon of oil per cup of potatoes (3 cups of potatoes = 1 Tablespoon oil). Sprinkle with salt and pepper to taste.
4. Spread your vegetables on a baking tray. There needs to be at least  $\frac{1}{2}$  inch between each piece of potato, otherwise, they will STEAM instead of ROAST. Don't overcrowd the pan!
5. Place in oven, it's okay if it's not quite pre-heated. Bake for a total of 30-40 minutes (less time if you cut your potato small). Stir halfway (set a timer for 15 minutes, stir the potatoes and put them back in for another 15 minutes).
6. Potatoes are done with they are soft in the middle and crispy brown on the outside. Remove from oven and enjoy!



## More roasting tips:

- Roasted carrots + butternut squash = heaven on earth. Cook them the same way as potatoes
- Tender vegetables like broccoli and cabbage only need to roast for 15 minutes in total
- I find it works best to cut stringy foods like beans and asparagus into bite-size pieces before roasting

## Nutrition:

$\frac{1}{2}$  cup sweet potato contains 80% of a toddler's vitamin C for the day AND 200% vitamin A needs!

$\frac{1}{2}$  cup white potatoes contain 50% of a toddler's vitamin C needs and are also high in phosphorus, magnesium, potassium, and vitamin B5.