



Recipes



Roasted Spring Vegetables

Tools:

- Knife (for teacher's use)
- Cutting board (for teacher's use)
- Mixing bowl
- Baking sheet
- Parchment paper

Ingredients:

- 1 ½ pounds of spring vegetables each vegetables (i.e. spring onions, broccoli, carrots, cauliflower, fennel, asparagus, Brussel sprouts)
- 3 tbsp olive oil
- Salt and pepper to taste



Directions:

1. Preheat the oven to 425 degrees F. Show the children how to line a baking sheet with parchment paper or a baking mat. Tell them that the lining helps the vegetables from sticking to the pan.
2. Cut veggies in large chunks and place in a large bowl with 1 Tablespoon olive oil, salt and pepper. Toss gently.
3. Place veggies in a single layer onto the lined baking sheet and roast until tender and caramelized, about 30 minutes.
4. Carefully remove the veggies from the oven, turn the oven off, and place veggies back into the large bowl.
5. While the veggies are hot, add the remainder of the olive oil to the bowl. Toss while hot.
6. Serve and enjoy!

