

Roasted and Sautéed Vegetable Recipes

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Roasted Broccoli

Makes 8 Servings

Ingredients

6 large broccoli crowns (about 6 cups florets)

3 Tbsp extra virgin olive oil

½ tsp [Homemade Lawry's Seasoned Salt](#)

¼ tsp fresh ground black pepper

Directions

1. Wash florets thoroughly and let air dry.
2. Place florets in a zip top bag. Add olive oil. Seal bag and toss broccoli thoroughly to coat all florets. (This step can be done in a bowl if you prefer)
3. Spray a rimmed baking sheet with vegetable cooking spray or line it with parchment paper. Layer broccoli florets in a single layer on the pan, stem side down.
4. Season with Lawry's Seasoned Salt and pepper.
5. Roast in 400° oven for 25 – 30 minutes (ovens will vary) rotating pan 180° half way through cooking cycle. Florets will become golden brown on the tips.



Nutrition Information per Serving: Calories: 62, Total Fat: 5gm, Saturated Fat: 0.5gm, Trans Fat: 0gm, Cholesterol: 0mg, Carbs: 3gm, Fiber: 2gm, Protein: 1.5gm, Sodium: 109mg

Roasted Asparagus

Makes 4 Servings

Ingredients

- 2 bunches fresh asparagus (about 2-3 pounds)
- 1 ½ Tbsp extra virgin olive oil
- ⅓ tsp salt or seasoned salt
- ¼ tsp black pepper

Directions

1. Trim the starchy bottom ends (about 2 inches) from the asparagus spears and discard. Wash and air-dry or pat-dry the spears.
2. Spray a jelly roll pan with vegetable cooking spray or line it with parchment paper.
3. Make 2 piles of asparagus on the pan.
4. Drizzle olive oil equally over both piles. Toss asparagus until well coated.
5. Layer asparagus in a single layer.
6. Evenly season with salt and pepper.
7. Roast in pre-heated 400°F oven for 25-30 minutes or until golden brown (cooking time will vary depending on the thickness of your asparagus).
8. For even browning, rotate the pan 180° halfway through the cooking time.



Nutrition Information per Serving: Calories: 104, Total Fat: 5.5gm, Saturated Fat: 1gm, Cholesterol: 0mg, Carbs: 11gm, Fiber: 6gm, Protein: 6gm, Sodium: 198mg

Pomegranate Roasted Brussels Sprouts

Recipe Adapted from: [BlueKaleRoad, Food 52](#)

Makes 4 Servings

Ingredients

- 1 lb (approximately 4 cups) Brussels sprouts
- 1 Tbsp extra virgin olive oil
- 1 Tbsp honey or maple syrup
- ½ Tbsp balsamic vinegar
- ¼ tsp salt, or to taste
- Seeds of 1 pomegranate
(approximately ¾-1 cup)



Directions

1. Pre-heat oven to 375° F. Line a baking sheet with aluminum foil.
2. Cut Brussels sprouts in half and discard any discolored leaves.
3. Toss Brussels sprouts with olive oil and spread in a single layer, cut side down, onto baking sheet.
4. Roast in oven for 20-30 minutes or until Brussels sprouts become tender and are deep golden brown on cut sides, with some visible crispy edges.
5. In a small bowl, whisk honey or maple syrup, balsamic vinegar and salt until combined.
6. Remove baking sheet from oven and drizzle vinegar mixture over Brussels sprouts. You can use a spatula to lift Brussels sprouts and gently toss to coat. Spread evenly again in a single layer, cut side down.
7. Return Brussels sprouts to oven and roast for another 5-7 minutes.
8. Remove from oven, toss Brussels sprouts with pomegranate seeds, and enjoy!

Nutrition Information per Serving: Calories: 130, Total Fat: 4.5 gm, Saturated Fat: 0.5 gm, Trans Fat: 0 gm, Cholesterol: 0 mg, Carbs: 23 gm, Fiber: 6 gm, Protein: 5 gm, Sodium: 180 mg

Roasted Butternut Squash

Makes 8 Servings

Ingredients

2 lbs cubed butternut squash
2 tablespoons extra virgin olive oil
1 large Vidalia onion
½ - 1 teaspoon [Homemade Lawry's Seasoned Salt](#) (optional)
½ teaspoon ground black pepper
¾ teaspoon paprika
½ teaspoon nutmeg
½ teaspoon sage
Vegetable cooking spray



Directions

1. Pre-heat oven to 400 degrees.
2. Slice Vidalia onion into very thin slices.
3. Place squash cubes and onion slices in large zip-top bag and add olive oil. Seal bag and toss vegetables until evenly coated in oil.
4. Spray baking sheet with vegetable cooking spray.
5. Place squash and onions in a single layer on baking sheet and sprinkle Lawry's salt, pepper, paprika, nutmeg, and sage evenly over vegetables.
6. Bake for 30-40 minutes or until squash and onions are golden brown and cubes are tender on the inside.

Nutrition Information per Serving: Cal: 121, Pro: 2 gm, Carbs: 23 gm, Fiber: 4 gm, Total Fat: 3.5 gm, Saturated Fat: 0.5 gm, Sodium: 180 mg, Chol: 0 mg

Roasted Cherry Tomatoes

Makes 8 Servings

Ingredients

- 2 tablespoons olive oil
- 1 clove garlic, thinly sliced
- 1 Tbsp chopped fresh basil
- 1 tsp chopped fresh rosemary
- ¼ tsp salt
- ¼ tsp black pepper
- 2 ½ pounds cherry tomatoes, variety of colors cut into halves

Directions

1. Preheat the oven to 325 degrees.
2. Place tomato halves in a mixing bowl and add all remaining ingredients stirring gently to coat the tomatoes.
3. Spray an oven casserole dish with vegetable cooking spray. Arrange tomato halves in a single layer leaving some space in between each tomato half.
4. Bake for one hour or until the tomatoes are softened and start to wrinkle. Depending on the tomatoes, cooking times may vary so check it occasionally to determine your desired level of doneness (large tomatoes may take up to 2 hours).



Nutrition Information per Serving: Cal: 74, Pro: 2 gm, Carbs: 7 gm, Fiber: 2 gm, Tot. Fat: 5 gm, Sat. Fat: 0.5 gm, Trans Fat: 0 gm, Chol: 0 mg, Sod: 123 mg

Roasted Spiralized Zucchini and Squash

Makes 6 Servings

Ingredients

- 4 zucchini
- 4 yellow squash
- 2-3 Tbsp extra virgin olive oil
- ½ tsp [Homemade Lawry's Seasoned Salt](#) or sea salt
- ½ tsp black pepper

Directions

1. Pre-heat oven to 400°F.
2. Spiralize zucchini and squash. Lay “squash noodles” out on paper towels to drain some of the moisture.
3. Line 2 large baking sheets with parchment paper. Pile half of the squash noodles in the center of each baking sheet.
4. Drizzle half of the olive oil on each pile. Toss evenly to coat.
5. Spread squash noodles evenly in a single layer on each baking sheet. Add salt and pepper to taste.
6. Roast for 20-30 minutes in the oven, rotating pans halfway through the cooking cycle. Depending on your oven, you may need to toss the squash noodles around to make sure they cook evenly.
7. Serve as a side dish or under your favorite pasta sauce.



Sautéed Spinach

Makes 8 Servings

Ingredients

12-16 ounce fresh organic baby spinach
1½ Tbsp extra virgin olive oil
1-2 cloves fresh garlic, pressed (depending on how garlicky you like it)
Sea salt, to taste
Black pepper, to taste

Directions

8. In a large skillet, heat olive oil on medium to medium-high heat.
9. Add garlic. Stir while garlic browns for about 30 seconds to 1 minute.
10. Add all of the spinach to the pan, allowing it to sit for 30 seconds to 1 minute until it begins to wilt on the bottom.
11. Carefully turn spinach, bringing the spinach on the bottom up to the top.
12. Allow spinach to continue to wilt, stirring occasionally, for 2-3 minutes. Cook 1-2 minutes more until desired doneness is achieved.
13. Add salt and pepper, to taste.



Sautéed Swiss Chard

Makes 3 Servings

Ingredients

1 lb Swiss chard
1 Tbsp extra virgin olive oil
Pinch of salt
Pinch of pepper

Directions

1. Wash all Swiss chard leaves and pat dry with paper towels
2. Trim spine from each leaf (you can omit this step if you like more crunch- extra fiber!).
3. Cut leaves into bite sized pieces.
4. Heat olive oil in a pan over medium to medium-high heat for about 30 seconds.
5. Carefully drop chopped Swiss chard into the hot olive oil with tongs.
6. Let sit for about 10 seconds then begin to slowly toss and rotate chard pieces so that they become coated with oil and slowly begin to wilt. This step takes about 1 minute.
7. Cook until desired tenderness.
8. Add salt and pepper, taste.

