

Roasting Chart for Vegetables

400-450 degrees F

10-15 Minutes		30-40 Minutes	
Asparagus	Snap tough ends off	Butternut Squash	3/4" cubes
Bell Peppers	Cut into strips	Potatoes	1" cubes, slices or wedges Halved new potatoes
Onions	Sliced	Sweet Potatoes	3/4" cubes
15-20 Minutes		45-60 Minutes	
Broccoli	Florets	Acorn Squash	Halved, baked cut side up
Cherry Tomatoes	Whole	Beets	Whole, wrapped in foil with a little oil
Green Beans	Whole	Carrots	Whole baby
Summer Squash / Zucchini	1/2" thick slices Sticks	Parsnips	1/2" wide sticks (quartered lengthwise)
20-30 Minutes			
Brussels Sprouts	Cut in half lengthwise		
Cauliflower	Florets		
Fennel	Trimmed and cut into 10-12 wedges, lengthwise		
Mushrooms	Thickly sliced		
Okra	Sliced		

Figure 1 Temperatures for Roasting Vegetables

Item	Temperature	Time	Done
Shrimp, peeled and deveined, large	400	10 –12 minutes	Opaque
Chicken Breasts, boneless	400	20-30 minutes	165 degrees F
Chicken Breasts, bone-in	350	35-40 minutes	165 degrees F
Chicken Thighs, bone-in	375	30 minutes	165 degrees F
Pork Chop, 3/4-1" thick	400	30-40 minutes	145 degrees F with 3 minute rest—150 if you don't want any pink
Fish Fillets, 1" thick	400	10-15 minutes	Opaque and flaky

Figure 2 Temperatures for Meat