

ROAST VEGGIE PLATTER WITH SWEET POTATOES & RED ONIONS, MUSHROOMS & ZUCCHINI

Sweet potatoes, red onions, mushrooms and zucchini are perfectly delicious served simply with just a drizzle of olive oil, a dash of salt and pepper, and a sprinkle of diced fresh herbs. Their sweetness is further enhanced by simply roasting them at a high heat and visually, they pair beautifully together on a platter. Served at parties, they will add vibrant color and gorgeous flavor to your buffet lineup.

The Ingredients

Sweet Potatoes

3 pounds sweet potatoes, halved or quartered into equal spears
4 tablespoons extra virgin olive oil
2 teaspoons coarse Kosher salt
½ teaspoon fresh black pepper

Red Onions

2 large red onions, skins removed and cut into 6 spears each
2 tablespoons extra virgin olive oil
1 teaspoon coarse Kosher salt
¼ teaspoon fresh black pepper

Crimini Mushrooms

20 oz. Baby Bella “Crimini” Mushrooms, cleaned and cut into ½-inch thick slices or wedges
2 tablespoons extra virgin olive oil
1 teaspoon coarse Kosher salt
¼ teaspoon fresh black pepper

Zucchini

1 to 1½ pounds zucchini halved or quartered into spears
2 tablespoons extra virgin olive oil
1 teaspoon coarse Kosher salt
¼ teaspoon fresh black pepper

The Method for Sweet Potatoes & Red Onions

Preheat the oven to 425°F. Line a baking sheet with parchment paper. Scatter evenly on the lined pan. Drizzle with oil and toss to coat. Sprinkle on the salt and pepper and bake, uncovered, for 20-25 minutes until the edges are browned and the centers are fork-tender. Serve warm. If desired, garnish with an additional drizzle of olive oil, flaky sea salt, and chopped fresh flat-leaf parsley, thyme leaves, or diced fresh chives.

The Method for Mushrooms & Zucchini

Set the oven to broil. Line a baking sheet with parchment paper. Scatter evenly on the lined pan. Drizzle vegetables with oil and toss to coat. Sprinkle on the salt and pepper and bake for 5 to 7 minutes until the edges are browned. Serve warm. If desired, garnish with an additional drizzle of olive oil, flaky sea salt, and chopped fresh flat-leaf parsley or diced fresh chives.

Tips

- Avoid leaving vegetables in the oven until completely soft. They will retain heat and continue cooking when out of the oven and will finish perfectly when allowed to rest after being removed from the oven.
- Avoid overcrowding a baking sheet with prepared veggies or they will become more soggy than crisped in the oven.
- I also recommend leaving the veggies uncovered when they bake and when they cool. If covered, they will get mushy wilt when overheated, ruining both their final texture and finish.
- When served at a party, I like to cut the sweet potatoes into 1-inch pieces after they're roasted. They are easy to scoop off of a tray and will go a little further when the pieces are smaller.

