

Prep Time: 15 minutes | Cook Time: 35 minutes | Total Time: 50 minutes

Servings: 6 | Difficulty: Easy | Category: Side Dish

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Introduction

There's something almost magical about the way a hot oven transforms ordinary vegetables into something deeply crave-worthy. This Garlic Herb Roasted Veggies recipe is the perfect example—humble carrots, zucchini, bell peppers, and red onion emerge caramelized at the edges, tender in the middle, and perfumed with garlic and fresh herbs. It's the kind of side dish that quietly steals the show at dinner, whether you're serving it alongside roast chicken,

grilled steak, or a hearty grain bowl.

Roasting is one of the oldest and most reliable cooking techniques, and for good reason. Dry, high heat concentrates the natural sugars in vegetables, creating that beautiful golden-brown crust known as the Maillard reaction. The result is a depth of flavor you simply can't achieve with steaming or boiling. This recipe leans into that science while keeping things simple enough for a busy weeknight.

What makes this version special is the garlic-herb oil. Instead of tossing everything together and hoping for the best, we bloom minced garlic with olive oil, fresh thyme, rosemary, and a touch of smoked paprika before coating the vegetables. That small step infuses every bite with layered, savory flavor. A final squeeze of lemon juice brightens everything up and keeps the dish feeling fresh rather than heavy.

Ingredients

For the Vegetables:

- 2 cups carrots, peeled and cut into 1-inch chunks
- 2 medium zucchini, sliced into half-moons
- 1 large red bell pepper, cut into 1-inch pieces
- 1 large yellow bell pepper, cut into 1-inch pieces
- 1 red onion, cut into thick wedges

- 1 cup broccoli florets
- 1 cup cherry tomatoes

For the Garlic Herb Oil:

- 1/3 cup extra virgin olive oil
- 4 cloves garlic, finely minced
- 1 tablespoon fresh thyme leaves (or 1 teaspoon dried)
- 1 tablespoon fresh rosemary, finely chopped (or 1 teaspoon dried)
- 1 teaspoon smoked paprika
- 1/2 teaspoon dried oregano
- 1/2 teaspoon red pepper flakes (optional, for heat)
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly cracked black pepper

For Finishing:

- 1 tablespoon fresh lemon juice
 - 2 tablespoons fresh parsley, chopped
 - Optional: 2 tablespoons grated Parmesan cheese
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Equipment

- Large rimmed baking sheet (or two, if needed)
 - Large mixing bowl
 - Whisk or small bowl for the oil
 - Spatula or wooden spoon
 - Knife and cutting board
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Instructions

Step 1: Preheat the Oven (Time: 10 minutes | Intensity: Low)

Position a rack in the center of your oven and preheat to 425°F (220°C). A hot oven is essential here—too low, and your vegetables will steam instead of roast. If you're using a convection oven, reduce the temperature to 400°F (200°C) to prevent burning.

While the oven heats, line your baking sheet with parchment paper or lightly grease it. Parchment makes cleanup effortless and prevents sticking, though it can slightly reduce browning on the bottom. For maximum caramelization, use a bare metal pan lightly coated with oil.

Step 2: Chop the Vegetables (Time: 10 minutes | Intensity: Medium)

Wash and dry all your vegetables thoroughly. Excess water is the enemy of roasting—wet vegetables steam rather than crisp. Pat them dry with a clean kitchen towel or paper towels.

Cut everything into roughly uniform 1-inch pieces. Size consistency matters more than perfect knife skills; evenly sized pieces ensure everything cooks at the same rate. Keep the onion wedges slightly larger, as they shrink considerably. Leave cherry tomatoes whole—they'll burst beautifully in the oven.

Step 3: Make the Garlic Herb Oil (Time: 3 minutes | Intensity: Low)

In a small bowl, whisk together the olive oil, minced garlic, thyme, rosemary, smoked paprika, oregano, red pepper flakes (if using), salt, and pepper. Let it sit for a minute or two so the flavors begin to meld.

Tip: If your garlic cloves are large, mince them as finely as possible. Large chunks of garlic can burn and turn bitter at high heat.

Step 4: Toss Everything Together (Time: 2 minutes | Intensity: Low)

Place all the chopped vegetables in your large mixing bowl. Pour the garlic herb oil over the top and toss thoroughly with a spatula or your hands. Make sure every piece gets a light, even coating. Don't dump the vegetables onto the pan and pour oil over them—tossing in a bowl guarantees better distribution.

Step 5: Arrange on the Baking Sheet (Time: 2 minutes | Intensity: Low)

Spread the vegetables in a single, even layer on your baking sheet. This is the most important rule of roasting: overcrowding traps steam and prevents browning. If your pan looks crowded, split the vegetables between two sheets. Give everything a little breathing room.

Step 6: Roast — First Stage (Time: 20 minutes | Intensity: High Heat, No Attention Needed)

Place the baking sheet in the preheated oven and roast for 20 minutes without opening the door. Resist the urge to peek—every time you open the oven, you lose precious heat. At the 20-minute mark, pull the pan out and use a spatula to flip and stir the vegetables, redistributing them for even cooking.

Step 7: Roast — Second Stage (Time: 12-15 minutes | Intensity: High Heat, Watch Closely)

Return the pan to the oven and continue roasting for another 12 to 15 minutes, until the edges are browned and caramelized and the carrots are fork-tender. The broccoli should be crisp-tender with slightly charred tips, and the tomatoes should be blistered and beginning to burst.

Visual cue: You’re looking for deep golden-brown edges. If your vegetables are pale and soft, they need more time. If they’re darkening too quickly, tent them loosely with foil.

Step 8: Finish and Serve (Time: 3 minutes | Intensity: Low)

Remove the pan from the oven and immediately drizzle the lemon juice over the hot vegetables—it will sizzle and absorb beautifully. Sprinkle with fresh parsley and, if desired, Parmesan cheese. Taste and adjust salt and pepper.

Transfer to a serving platter and serve warm. These vegetables are best enjoyed fresh from the oven, but they hold up well at room temperature too.

Timing Summary

Stage	Time	Intensity
Preheat oven	10 min	Low
Chop vegetables	10 min	Medium
Make garlic herb oil	3 min	Low
Toss vegetables	2 min	Low
Arrange on pan	2 min	Low
First roast	20 min	High (hands-off)
Flip and stir	1 min	Low
Second roast	12-15 min	High (watch closely)
Finish and plate	3 min	Low
Total	~50 min	Easy-Moderate

Nutrition Information (Per Serving)

Based on 6 servings, without Parmesan cheese.

- Calories: 165 kcal
- Total Fat: 12 g
- Saturated Fat: 1.8 g
- Monounsaturated Fat: 8.5 g
- Polyunsaturated Fat: 1.5 g
- Cholesterol: 0 mg
- Sodium: 340 mg
- Total Carbohydrates: 13 g
- Dietary Fiber: 4 g
- Sugars: 6 g
- Protein: 2.5 g

- Vitamin A: 95% DV
- Vitamin C: 110% DV
- Vitamin K: 30% DV
- Potassium: 520 mg
- Iron: 6% DV
- Calcium: 4% DV