

Vegetables You *Should* Be Roasting

Surprise! Green beans, jícama, cabbage, and artichoke hearts get a flavor boost from time in a hot oven. **BY DIANA ANDREWS**

I LOVE ROASTED VEGETABLES SO much that I've moved beyond roasting the usual suspects, such as potatoes, winter squash, and beets, and on to those that most people might not think to roast, like green beans, cabbage, and even jícama. And you should, too.

As with all vegetables, roasting intensifies the flavors of these unlikely candidates, preserving their sweetness and creating hard-to-resist crisp edges. Delicious when simply flavored and served as a side

dish, they also work as tasty components for all kinds of main dishes. Roasted green beans, for example, make a tomato and bread salad well suited to cold-weather eating, thanks to the toasty flavor they impart. Cubes of roasted jícama add texture to a hearty vegetable soup, and roasted artichoke hearts need little more than a toss with pasta to become a delicious dinner.

Roasting vegetables is easy and relatively hands off; toss them with oil, season

them, put them in the oven, and then forget about them for a while. (You can even prep them ahead and leave the roasting for later.) In fact, it's so easy, you may want to double the recipes; that way, you can serve the roasted vegetables as a side one night and as part of the main course the next. What's not to love about that?

Diana Andrews is Fine Cooking's food editor/test kitchen manager.

ROAST WITH THE MOST

You'll find recipes for the vegetables at right on the following pages. Below are some others that are great roasted, too. For all, lightly coat with olive oil, season with kosher salt and pepper, and spread on a rimmed baking sheet. Roast at 425°F, tossing occasionally, until tender and lightly browned.

CELERY

Cut ribs into 1-inch pieces.

CORN

Slice corn planks from the cob and brush both sides with oil. Gently flip planks with a spatula occasionally during roasting.

CAULIFLOWER AND BROCCOLI

Cut into florets.

KALE OR COLLARD GREENS

Strip the greens from the stems and tear into bite-size pieces.

FENNEL

Cut the bulb into 1-inch pieces.

ONIONS

Don't peel the onion before roasting. Cut the onion into ½-inch-thick crosswise slices.

PEAS, FRESH OR FROZEN

If using fresh, blanch and pat dry before roasting. If using frozen, thaw and pat dry before roasting.

RADISHES

Leave whole, if small, about 1 inch in diameter; otherwise, cut in half or 1-inch pieces.

SUGAR SNAP PEAS

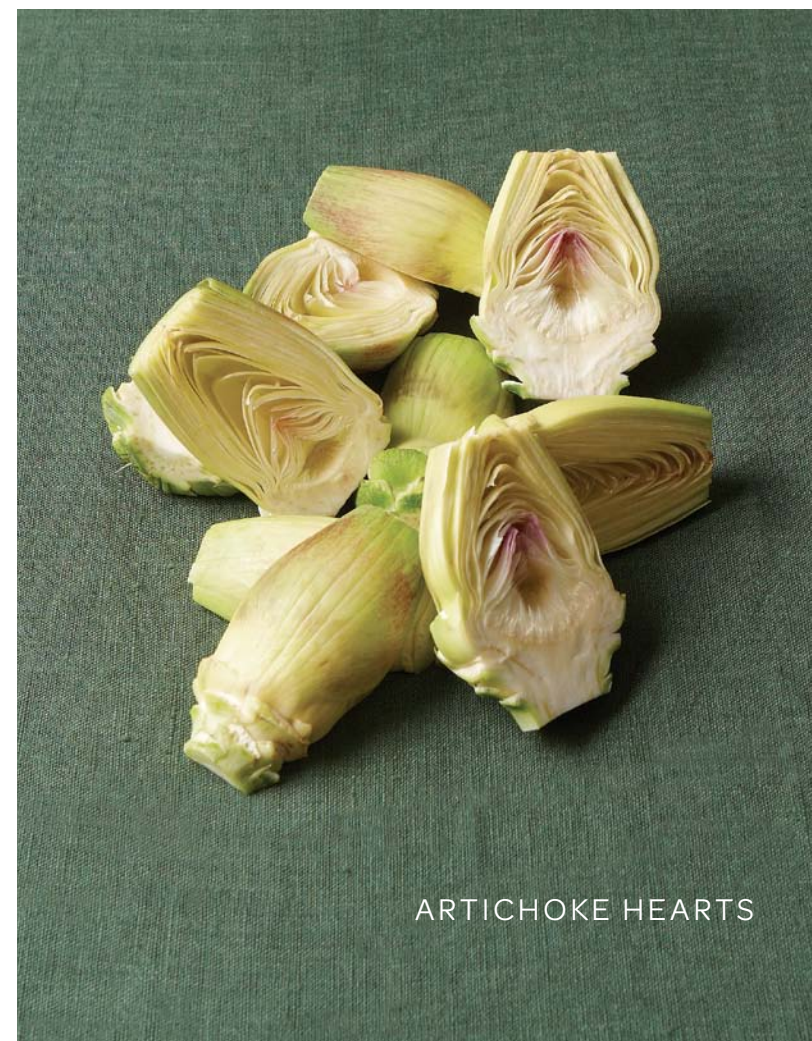
Remove strings before roasting.



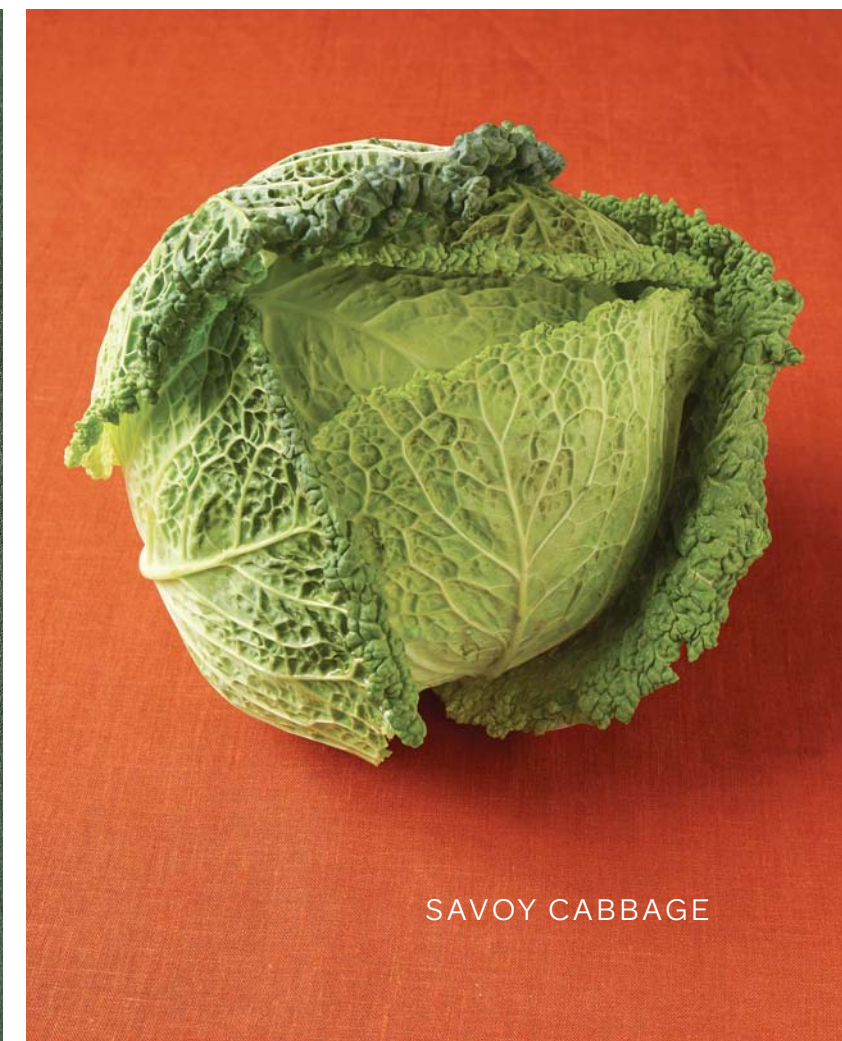
GREEN BEANS



JÍCAMA



ARTICHOKE HEARTS



SAVOY CABBAGE



⤵ roasted green beans

Roasting green beans creates caramelized notes that pair well with bright lemon zest. Serve with roasted chicken or seared salmon, or feature the beans in the bread salad at right. **Serves 4**

- 1 lb. green beans, trimmed
- 2 Tbs. extra-virgin olive oil
Kosher salt and freshly ground black pepper
- 1 tsp. finely grated lemon zest (optional)

Position a rack in the center of the oven and heat to 425°F.

On a rimmed baking sheet, toss the green beans with the oil, ½ tsp. salt, and ¼ tsp. pepper, and spread in a single layer. Roast until the bottoms begin to brown, about 15 minutes. Toss, rearrange on the baking sheet, and roast until tender and golden brown in places, about 5 minutes more.

Toss the beans with the lemon zest, if using, season to taste, and serve.

⤵ roasted green bean panzanella

Roasted green beans make this summery salad work well in winter. On its own, it makes a great vegetarian main dish, but it also serves as a hearty side or starter. **Serves 4**

- ½ baguette, cut into 1-inch cubes (about 4 cups)
- 5 Tbs. extra-virgin olive oil
- ½ tsp. granulated garlic
Kosher salt and freshly ground black pepper
- 1 Tbs. balsamic vinegar
- ½ Tbs. fresh lemon juice
- Roasted Green Beans (recipe at left), cut into 1-inch pieces
- 1 cup halved cherry tomatoes
- ½ cup mozzarella pearls (perline) or quartered ciliegine (see p. 95)

Position a rack in the center of the oven and heat to 425°F.

On a rimmed baking sheet, toss the bread cubes with 3 Tbs. of the oil, the garlic, ½ tsp. salt, and ¼ tsp. pepper, spread in a single layer, and toast, tossing halfway through, until light golden brown, 9 to 10 minutes.

Meanwhile, in a small bowl whisk the remaining 2 Tbs. oil, the balsamic vinegar, lemon juice, ¼ tsp. salt, and ¼ tsp. pepper.

In a medium bowl, combine the bread cubes, green beans, tomatoes, mozzarella, and vinaigrette. Let the salad sit, tossing occasionally, until the bread begins to soften, about 20 minutes. Season to taste with salt and pepper, and serve.

Pair With: MÄRZEN Bready, rich, and bright, this beer perfectly complements those qualities of the salad.



⤵ garlicky roasted artichoke hearts

Panko adds crunch to this Italian-inspired side; it pairs well with a seared flaky fish like cod. The artichokes also add flavor and texture to the pasta at right. **Serves 4**

- 12 oz. thawed frozen artichoke hearts, drained and patted dry
- 4 Tbs. extra-virgin olive oil
Kosher salt
- 1 tsp. minced garlic
- ¼ cup panko
- ½ tsp. crushed red pepper flakes; more to taste
- 1 Tbs. finely chopped fresh flat-leaf parsley
Lemon wedges, for serving (optional)

Position a rack in the center of the oven and heat to 425°F.

On a rimmed baking sheet, toss the artichokes with 2 Tbs. oil and ½ tsp. salt, spread in a single layer, and roast until the artichokes are golden on the bottom, about 20 minutes. Flip and roast until golden brown in places, 5 to 7 minutes.

In an 8-inch nonstick skillet, heat 1 Tbs. oil on medium-low heat. Add the garlic and stir with a wooden spoon until fragrant, about 30 seconds. Add the panko and a pinch of salt, and stir until the oil is absorbed and the panko turns golden brown, 2 to 3 minutes.

In a large bowl, toss the artichokes with the panko, pepper flakes, and remaining 1 Tbs. oil. Serve sprinkled with the parsley and lemon wedges on the side, if you like.



⤵ pasta with garlicky roasted artichoke hearts, sun-dried tomatoes, and olives

Tender roasted artichokes and crispy panko add nutty, toasted flavors to a pasta brimming with briny olives and sweet sun-dried tomatoes. **Serves 4**

Lemon wedges, for serving (optional)

- Kosher salt
- 12 oz. penne, mezze rigatoni, or similar short pasta
- ¼ cup finely chopped fresh flat-leaf parsley
- 1 tsp. finely grated lemon zest
- Garlicky Roasted Artichoke Hearts (recipe at left)
- ½ cup coarsely chopped sun-dried tomatoes
- ½ cup coarsely chopped pitted Castelvetrano or Cerignola olives
- ¼ cup extra-virgin olive oil; more for drizzling
- ½ oz. Grana Padano or Parmigiano-Reggiano, finely grated (about ¼ cup); more for serving

Bring a large pot of well-salted water to a boil. Cook the pasta according to package directions until al dente.

Meanwhile, in a large bowl, combine the parsley and lemon zest. Add the pasta, artichokes, tomatoes, olives, oil, and cheese, and toss until well combined. Drizzle with more oil, top with additional cheese, and serve with lemon wedges, if you like.

Pair With: PINOT GRIGIO Artichokes are notoriously challenging for wine pairing, but here, they're roasted, reducing their vegetal qualities. Pinot Grigio has not-too-light weight and good acidity that'll bring together the flavors of the dish.



thai-style roasted cabbage »

Peppery cabbage becomes delightfully sweet post roast. Paired with a Thai-inspired dressing, it makes a perfect side for steak and a great base for larb (recipe below). **Serves 4**

- 1 medium head Savoy cabbage, halved through the core, cut lengthwise into ½-inch ribbons, thick ribs and core discarded (about 16 cups)**
- 2 Tbs. grapeseed or vegetable oil**
Kosher salt and freshly ground black pepper
- 3 Tbs. fresh lime juice**
- 1 Tbs. finely chopped garlic**
- 1 Tbs. fish sauce**
- 1 Tbs. packed dark brown sugar**
- 1 Tbs. packed finely chopped fresh cilantro; more for garnish**
- ½ tsp. sambal oelek; more to taste**

Position a rack in the center of the oven and heat to 425°F.

On a rimmed baking sheet, toss the cabbage with the oil, ½ tsp. salt, and a few grinds of pepper. Spread the cabbage out (it's OK if the cabbage is mounded; it will shrink as it roasts), and roast, tossing every 10 minutes, until tender and most of the cabbage has turned golden brown, 45 to 50 minutes.



Meanwhile, in a small bowl, whisk the lime juice, garlic, fish sauce, sugar, cilantro, and sambal oelek.

Transfer the cabbage to a large bowl and toss with 2 Tbs. of the dressing. Season to taste with additional dressing and salt, top with cilantro, if using, and serve.

« spicy chicken larb with thai-style roasted cabbage

The unofficial national dish of Laos, larb is also popular in Thailand and exemplifies the bold flavors of the region. Usually served with fresh vegetables as a salad, it's made more winter friendly served over Thai-Style Roasted Cabbage. **Serves 4**

- 3 Tbs. soy sauce**
- 1 Tbs. light or dark brown sugar**
- 1 tsp. fish sauce**
- ½ tsp. sambal oelek; more to taste**
- 3 Tbs. grapeseed or vegetable oil**
- 1½ cups finely chopped sweet onion**
- 1 Thai bird chile, half seeded and minced, half cut into rings and reserved for garnish, if desired**
- 1 tsp. minced garlic**
- 1 lb. ground chicken**

- ½ cup coarsely chopped fresh cilantro**
- Kosher salt**
- 1 tsp. finely grated lime zest; more to taste**
- 1 Tbs. fresh lime juice; more to taste**
- Thai-Style Roasted Cabbage (recipe above)**
- 3 to 4 scallions, green parts only, thinly sliced on a diagonal (about ¼ cup)**
- ¼ cup coarsely chopped dry-roasted peanuts**

In a small bowl, whisk the soy sauce, sugar, fish sauce, and sambal oelek.

In a 12-inch nonstick skillet, heat the oil over medium-high heat. Add the onion and minced chile, and cook, stirring frequently, until the onion begins to soften, 2 to 3 minutes. Add the garlic and cook just until fragrant, about 30 seconds.

Add the chicken and cook, breaking it up with a wooden spoon, until no longer pink, 6 to 8 minutes.

Add the soy sauce mixture, half of the cilantro, and ¼ tsp. salt. Cooking, stirring, until the pan is almost dry, about 2 minutes.

Remove the pan from the heat, and add the lime zest and juice. Toss to combine, and season to taste with more zest, juice, and salt.

Serve the chicken over the cabbage. Top with the remaining cilantro, scallions, peanuts, and chile rings, if using.

Pair With: RIESLING Riesling is always a good bet for Thai food. For this dish, one from a cooler climate will be especially good—it'll have more lime flavors to complement the lime in the dish.



⌘ sweet and hot roasted jicama

Jicama is more prized for its fresh crunch than its mild flavor. Roasted, it still has crunch but is sweeter, which makes a toss with hot sauce welcome. Good with barbecued ribs or fried fish, it's a standout in the vegetable soup at right. **Serves 4**

- 1 medium jicama (1¼ lb.), peeled and cut into medium dice (about 5 cups)**
- 3 Tbs. extra-virgin olive oil; more as needed**
Kosher salt and freshly ground black pepper
- 3 Tbs. finely chopped red onion**
- 2 Tbs. finely chopped fresh flat-leaf parsley**
- 1½ tsp. hot sauce, such as Crystal; more to taste**
- 1 tsp. finely grated lime zest**

Position a rack in the center of the oven and heat to 425°F.

On a rimmed baking sheet, toss the jicama with 2 Tbs. of the oil, ¼ tsp. salt, and ¼ tsp. pepper, and arrange in a single layer. Cover tightly with foil and roast, 25 minutes. Remove the foil and continue roasting, tossing frequently, until the jicama begins to brown on the bottom and is crisp-tender, about 30 minutes more.

In a medium bowl, combine the jicama, the remaining 1 Tbs. oil, the onion, parsley, hot sauce, lime zest, and ½ tsp. salt. Toss to coat and serve.

vegetable and quinoa soup with sweet and hot roasted jicama »

This zesty soup is perfect on a cold day. When served with the toasted baguette and garlic butter, it makes a satisfying meal.

Serves 4 to 6

- 1 medium head garlic**
- 3 Tbs. plus 2 tsp. extra-virgin olive oil; more as needed**
Kosher salt and freshly ground black pepper
- 2 small carrots, peeled and cut into medium dice (about 1 cup)**
- ¼ small butternut squash, peeled and cut into medium dice (about 1 cup)**
- 1 small sweet onion, finely chopped (about 1 cup)**
- 1 tsp. ground cinnamon**
- 1 tsp. ground ginger**
- 8 cups vegetable broth**
- 1 14.5-oz. can diced tomatoes with their juice**
- 2 sprigs fresh thyme**
Sweet and Hot Roasted Jicama (recipe at left)
- 1 small bunch Lacinato kale, ribs removed, leaves cut into bite-size pieces (about 5 cups)**
- 1 15-oz. can cannellini beans, rinsed and drained**
- 2 cups cooked quinoa (from about ¾ cup dry)**
- 1 Tbs. unsalted butter, softened**
Toasted baguette slices, for serving
- ½ cup roasted salted pepitas**
Lime wedges, for serving

Position a rack in the center of the oven and heat to 425°F.

Cut the top off the head of garlic to expose the cloves. Put the garlic on a piece of aluminum foil large enough to wrap it in, drizzle with 2 tsp. of the oil, and season with ¼ tsp. salt, and ¼ tsp. pepper. Wrap in the foil.

On a rimmed baking sheet, toss the carrots and squash with 1 Tbs.

oil, ¼ tsp. salt, and ¼ tsp. pepper, and spread in a single layer. Place the wrapped garlic on the same baking sheet, and roast, tossing the carrots and squash occasionally, until golden brown in places and just tender, 18 to 20 minutes for the vegetables and 20 to 30 minutes for the garlic (put the garlic packet directly on the rack if it needs more time in the oven).

Meanwhile, in a 6- to 7-quart Dutch oven or other heavy-duty pot, heat 2 Tbs. oil over medium heat. Add the onion and cook, stirring occasionally, until it begins to soften, about 2 minutes. Add the cinnamon and ginger, and stir to combine. Add the broth, tomatoes and their juice, thyme, and jicama. Bring to a boil, then reduce to a simmer.

Squeeze the roasted garlic cloves into a small bowl and mash into a paste with a fork. Transfer half of the paste to another small bowl. Whisk 3 to 4 Tbs. of the soup broth into one of the bowls of roasted garlic, and add it to the pot; stir to combine. Add the kale and cook until it begins to wilt, about 5 minutes. Add the carrots, squash, beans, and quinoa, and cook, stirring occasionally, until just heated through, about 2 minutes.

Meanwhile, add the butter and ¼ tsp. salt to the remaining mashed garlic and stir until combined. Spread onto the toasted baguette slices. Serve the soup drizzled with oil and sprinkled with pepitas, with the baguette slices and lime wedges on the side.

Pair With: PINOT NOIR This soup calls for a light red. Kale, roasted garlic, and quinoa point to an earthy one like Pinot Noir.

