

A Simple Guide to Roasting Fall Vegetables

With fall approaching, the colors are changing—the leaves, yes, but also what’s on our plates. Farmers’ markets and the grocers’ produce sections are full of yellows, reds, purples, and oranges. But what do you do with a red cabbage? A spaghetti squash? A celery root?

Eating in the summer is easy. Most greens can be eaten raw. But autumn vegetables take a little more thought. For one thing, many take more time to cook. And most have to be prepped before cooking.

Don’t despair! Roasting is our favorite way to prepare most of these vegetables. Use this handy chart to get started:

Vegetable	Preparation	Oven Temperature	Time (about)
Acorn Squash	Halve and seed, then bake cut-side down on lightly sprayed 9 x 13-inch baking dish until tender.	400°F	35 minutes
Apples (not a vegetable per se, but a true treat in the autumn)	Halve, core, and roast cut-side down on a lightly sprayed baking sheet until brown and tender.	375°F	40 minutes
Butternut Squash	Halve and seed, then set on a lightly sprayed baking sheet cut-side up and bake until browned and tender.	375°F	45 minutes
Carrots (in any color, even yellow or purple)	Wash well and leave whole if under 5 inches long. (If washed, there’s no need to peel them for roasting.) Halve larger carrots widthwise. Roast in a single layer on a lightly sprayed baking sheet, turning once, until browned and tender.	400°F	20 minutes
Celery Root	Use a paring knife to slice off the outer “skin.” Cube, coat with nonstick spray, and roast in a pan until tender and lightly browned.	375°F	35 minutes
Parsnips	Peel, then slice off the thin, pencil-like ends. Cut the fatter ends lengthwise into two or three pieces. Coat with nonstick spray and roast until browned and tender.	375°F	25 minutes
Pumpkin	Peel, seed, and cube. Coat with nonstick spray and roast on a rimmed baking sheet until brown and tender.	375°F	45 minutes

Red Cabbage	Cut into eight wedges (for a medium cabbage) through the core (thereby keeping each piece intact). Lightly coat them with nonstick spray and bake on a lightly coated, rimmed baking sheet until lightly browned and tender with crispy edges.	375°F	20 minutes
Spaghetti Squash	Halve lengthwise and scrape out the seeds, then bake cut-side down on a well-sprayed, rimmed baking sheet until tender. Scrape the flesh into long threads with two forks.	400°F	30 minutes
Sweet Potatoes	For 10-ounce sweet potatoes, prick each in a few places with a fork, then place on a rimmed baking sheet and roast until tender.	375°F	50 minutes