Lemon Garlic Sheet-Pan Vegetables

Colorful roasted vegetables with golden edges, garlic and fresh lemon.

Prep 15 min **Cook** 25 min **Serves** 4

Ingredients

- ☐ 1 zucchini, cut into ¾-inch pieces
- ☐ 2 bell peppers, roughly chopped
- ☐ 1 red onion, cut into wedges
- ☐ 2 cups broccoli florets
- ☐ 3 tbsp olive oil
- ☐ 3 garlic cloves, minced
- ☐ ½ tsp dried thyme
- ☐ ½ tsp salt
- ☐ ¼ tsp black pepper
- ☐ Zest and juice of 1 lemon



Spoon & Joy recipe illustration.

Before you start

Add lemon at the end
Roasted lemon zest brings aroma; a final squeeze of juice keeps the vegetables bright without wetting them before roasting.

Timing note
Preparation and cooking times are estimates. Read the full method before starting.

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METHOD & KITCHEN NOTES

1. Preheat oven to 425°F (220°C) and line a large baking sheet.

2. Dry the cut vegetables and toss with olive oil, garlic, thyme, salt and pepper.

3. Spread everything in one layer without crowding the pan.

4. Roast 22-28 minutes, turning halfway through, until tender and caramelized.

5. Finish with fresh lemon zest and juice while warm.

Storage & making ahead

Refrigerate promptly in a covered container for 3-4 days. Reheat in the oven for a crispier result.

A useful variation Serve over quinoa, couscous or rice. Use two trays if the vegetables will not fit comfortably.

Read this recipe on Spoon & Joy