A Thanksgiving roast-vegetable prep grid

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A 12-row Thanksgiving vegetable prep grid: list each vegetable, its quantity and cut size, then sort it into a dense-root or quick-cooking pan group so each group can start and finish on its own.

What you need

- Fresh vegetables for roasting
- Oil and seasoning from the chosen recipe
- Knife, board and suitable baking sheets
- The printed prep grid and a pencil

Steps

1. List the vegetables

Write each vegetable, quantity and cut size in the grid. Food Hero's method roasts at 425°F and notes that time depends on thickness: thin pieces such as asparagus or beans may take 5 minutes, and pieces about ½ inch thick about 15 minutes. FigureNook guidance: put dense roots such as carrots or sweet potatoes in group A and thin, quick vegetables in group B.

2. Prepare separate groups

Wash, trim and cut each group into reasonably consistent pieces. Toss with the oil and seasoning from your chosen recipe, then spread on suitable pans without crowding.

3. Check each group

Start and remove groups according to their recipe and actual doneness; Food Hero roasts until tender and slightly browned on the edges. The grid is a planning aid, not a universal cooking timetable.

4. Record what worked

Write each group's pan, start time and finish time in the notes column, so next year's grid starts from your own oven's results rather than a guess.

Tips

- Follow the linked Food Hero recipe for its quantities and roasting method. Refrigerate leftovers promptly, within two hours.
- Uncoated aluminum half-sheet pans; check oven fit, lining and use instructions. Pan accessories are separate.
- Original editorial idea; a popular product is not a guarantee of suitability or results.

Notice

Original AI editorial illustration depicting a design concept; review manufacturer specifications and product details for final suitability. Exact color, fit, performance and pictured accessories are not established by the image.

Sources

Oregon State University Food Hero: roasted vegetables

https://foodhero.org/recipes/roasted-vegetables

Food Hero gives a general roasted-vegetable method (425°F, time set by piece thickness, refrigerate leftovers within 2 hours). The A/B pan groups are FigureNook planning guidance.

Full guide: https://figurenook.com/guides/a-thanksgiving-roast-vegetable-prep-grid/

Food safety: Count all time perishable food spends out of refrigeration or effective cooling toward the limit; chilling it again does not reset the clock. Discard after more than 2 hours, or 1 hour above 90 F.

Vegetable prep grid

Sort each vegetable into a pan group, then fill one row per vegetable. FigureNook planning guidance; follow your recipe for temperature and timing.

Group A: dense roots
Longer roasting. For example carrots, parsnips, sweet potatoes, beets.

Group B: thin or quick
Shorter roasting. For example green beans, asparagus, sliced peppers.

Vegetable	Qty	Cut size	Group A/B	Pan	Start	Done / notes

Oven notes

Oven temperature used: _____

Pans that fit side by side: _____

Change next year: _____

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