Objectives
Participant will:
1. Name three foods that can be prepared by roasting.
2. Understand the basic process of roasting.
3. Name two benefits of cooking foods by roasting.
4. Taste food that has been roasted.

Required Materials:
- Ingredients for any vegetable/s you may choose to demonstrate (see pgs. 6,8).

Optional Supplemental Materials:

Preparation Required:
- Review lesson plan.
- Buy and prepare ingredients for tasting and for demonstrating (suggestion – sweet potatoes are a good demonstration choice as they are inexpensive, easy to prepare, do not take excessive roasting time, and are delightfully sweet when roasted).
- Because roasting usually takes between 30-50 minutes, plan ahead and schedule the recipe preparation either before or throughout your lesson. As it can take up to 45 minutes to roast some vegetables, you may want to put a pan of vegetables in the oven for tasting immediately before the class starts and then have a smaller batch with which to demonstrate.
- Make copies of recipes (see pgs. 6-8) and any other handouts you wish to distribute – enough for all class participants.
- Make copies of required paperwork for lesson.
LESSON PLAN

Introduction
Time: 5 minutes

• Welcome everyone to the class and thank them for taking time to participate.
• Briefly introduce yourself and the program.
• Ask the class: How long do you suppose we humans have been roasting food?
  o It is suspected that the earliest humans roasted their meat after discovering that cooked meat was both tastier and easier to digest than raw meat.
  o Roasting was done on a turning spit over an open fire. The juices ran over the meat, keeping it moist.
• Today, roasting food is very popular because it is so easy to do and produces such a nice end product. In this lesson, we will discuss roasting and how to roast foods in your own ovens.

Objective 1: Name three foods that can be prepared by roasting.
Time: 5 minutes

• Ask the class: What is roasting? Can anyone describe what a food that has been roasted looks like?
  o Roasted foods are characteristically browned on the outside. Roasting enhances the flavor of so many foods, sometimes making them taste sweeter.
  o Roasting uses dry heat, meaning that you cook the foods uncovered without adding moisture such as water or other liquids. Hot air circulates around the food you are cooking.
• Ask the class: What foods are typically roasted?
  o Meat: Chicken, turkey, some cuts of beef. Most meat roasts are quite large.
  o Vegetables: Potatoes, zucchini, parsnips, turnips, cauliflower, eggplant, squash (winter and summer), onions and peppers are easy to roast, and their flavors are enhanced and changed with roasting.

Objective 2: Understand the basic process of roasting.
Time: 20 minutes

• Ask the class: Who has roasted meat before? How did you do it?
  o Roasting may sound complicated but is actually very easy to do.
  o Place the meat, fat side up, on a rack in an open, shallow pan. Insert a meat thermometer into the thickest part of the meat.
  o Place the pan in the oven at 300°F to 350°F and cook until the thermometer reads at least the minimum safe temperature.
    ▪ USDA Recommended Safe Minimum Internal Temperatures
      • Beef Roasts - 145 °F
      • Pork Roasts - 160 °F
      • Poultry - 165 °F
  o Allow the meat to stand for 15 minutes before carving.
• Ask the class: Why do you think it is best to place the meat fat side up?
  o The juices from the melting fat baste the meat and keep it moist.
• Ask the class: Why is it important to wait 15 minutes before carving the meat?
  o Juices that escaped during cooking are pulled back into the meat, making it more tender and juicy.
Although most of us may have some experience with roasting meats, vegetables are especially good when roasted. The roasting process enhances their flavor and many people who think they don’t like certain vegetables realize they like them roasted. So the remainder of this lesson will focus on roasting vegetables.

- Typically, the vegetable that is roasted is lightly “coated” in fat. Olive oil would be the best choice.
  - Ask the class: Why is olive oil the best choice for coating?
    - It is a heart-healthy oil.
    - It is flavorful, particularly if you purchase extra-virgin olive oil.

- Coating the vegetable in olive oil will:
  - Help reduce the amount of moisture that escapes. Dried out vegetables are not as delicious and savory as those that retain their moisture.
  - Help them not stick to the pan or to each other.

- When roasting vegetables (optional ~ demonstrate each step as you discuss it. Having a visual example will help clarify and cement what you are saying):
  - Chop vegetables into uniform sizes, usually about a 1-inch cube.
  - Combine with olive oil and the herbs and spices desired.
  - Put on a baking sheet. Don’t crowd; they should be in a single layer. Crowding them steams them rather than roasting them and they lose that roasted flavor and texture.
  - Position the vegetables near the edge of the sheet. Those on the edge usually brown better, but it depends on the oven. If you are lucky enough to have a convection oven, use it! Stirring your vegetables occasionally (about every 10-15 minutes) will help them all cook properly and develop a delicious flavor.
  - While a low to medium heat (200˚ – 375˚) is often preferred for meats because it helps them retain their moisture and tenderness, it is best to use a high heat to roast vegetables. High heat is considered 400˚ and above.

Now we will discuss some vegetables that are really fun, easy, and interesting to roast that you may not have much experience with.

- Root vegetables: Most root vegetables must be cooked before eating, and roasting is a sweet way to pull out their most delicious flavors.
  - Ask the class: What are considered root vegetables?
    - Carrots
    - Parsnips
    - Beets
    - Rutabagas
    - Potatoes
    - Onions
    - Turnips

  - You can roast different kinds of root vegetables together and enjoy them as their flavors mingle.
  - Preheat the oven to 450°F.
  - Peel and cut the root vegetables into similar sizes (about ½” chunks).
  - Toss the vegetables with enough olive oil to coat generously, some salt, and any other spices you may enjoy. Try thyme, rosemary or parsley.
  - If you are going to roast them altogether, some people suggest placing different vegetables on different sections of the baking sheet because some vegetables take longer to cook than others. That way, when a quickly-cooked vegetable is done, you can remove it from the tray to allow the other vegetables to cook without the quickly-cooked vegetable getting mushy. You can also do it in the opposite way and add vegetables at different times instead of taking them away.
  - Refer to the roasting chart to determine when to add each vegetable.
• If this is too complicated, place each vegetable on a different baking sheet so the whole sheet can be removed from the oven. However, this may create a lot of dirty dishes!
  ▪ Combine all of the roasted vegetables when they have all finished cooking.

  o **Other non-root vegetables**: This method also works really well for vegetables other than root vegetables such as summer and winter squashes, green beans, snap peas, and asparagus. These tender vegetables will roast faster than root vegetables, in as little as 10 to 20 minutes. It’s even possible to roast some greens like kale!

  o **Garlic**: Roasting garlic is a little different than roasting root vegetables. Roasted garlic has an amazing sweet, mellow flavor that can be eaten plain or used for other purposes in cooking. It can be spread over French bread, mixed with sour cream for topping baked potatoes or mixed in with Parmesan cheese and pasta.

    ▪ Preheat the oven to 400°F.
    ▪ Peel off the outer layers of garlic bulb skin and leave the skin of the individual cloves intact.
    ▪ Trim the top ¼ to ½” off the top of the garlic head. This will expose the individual cloves of garlic.
    ▪ Place the garlic head on the center of a sheet of heavy aluminum foil. Drizzle with olive oil and use your fingers to make sure that each clove is well covered.
    ▪ Bring each corner of the foil up and pinch together at the top so the garlic head is covered. Roast for 30-35 minutes or until the cloves feel soft when pressed and are just starting to turn golden. Remove each clove from its papery covering. At this point the garlic may be mashed and used as a spread or kept whole.

    ▪ **Ask the class**: What are some spices or herbs you might try on your roasted vegetables?
      • **Italian flavors**: Garlic, oregano, basil, marjoram
      • **Mexican flavors**: Cilantro, cumin
      • **Indian flavors**: Cilantro, cumin, curry
      • **Middle Eastern flavors**: Coriander seed, cumin, curry
      • **Asian flavors**: Garlic, ginger

**Objective 3:** Name two benefits of cooking foods by roasting.

**Time:** 3 minutes

• **Ask the class**: Why would you choose to roast something rather than use another cooking method?
  o With many food items, you don’t have to “tend” them too much while they’re roasting. They may only need to be stirred every 10-15 minutes. Roasting meat may be left alone for several hours. You can do other things while you are waiting for your food to roast.
  o It brings out the sweet flavor of foods, particularly vegetables. Family members who think they hate vegetables may change their minds when they taste roasted ones!
  o Roasting enhances the color of many foods.

**Objective 4:** Taste food that has been roasted.

**Time:** 10 minutes

Summary:

• Serve samples of the foods that you have chosen to roast.
• Make sure all participants have recipe and roasting handouts.
• While serving samples, summarize main points of lesson in your own words.
• Ask the Class: Are there any questions?

References


This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689 or visit online at http://www.fns.usda.gov/snap/. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avanue, S.W., Washington, D.C. 20250-9410 or call (800)795-3572.
## Roasting Vegetables

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Prep</th>
<th>How to roast (425˚)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>Rinse, pat dry and snap off tough bottom ends.</td>
<td>Roast for 5 minutes. Flip and roast until tender and a bit shriveled, 5 to 8 minutes.</td>
</tr>
<tr>
<td>Beets</td>
<td>Trim, peel and cut into 1 inch cubes</td>
<td>Roast 15 minutes. Stir, roast until tender, 10 to 20 minutes.</td>
</tr>
<tr>
<td>Broccoli crowns</td>
<td>Trim florets from stem. Split the florets so that each piece is 1 ½ to 2 inches wide.</td>
<td>Roast until the floret tops begin to brown, 8 to 10 minutes. Stir and continue to roast until tender, 3 to 6 minutes.</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>Trim, halve lengthwise.</td>
<td>Arrange cut side down on baking sheet. Roast until tender and browned, about 15 minutes.</td>
</tr>
<tr>
<td>Butternut squash</td>
<td>Peel and cut into 1 inch pieces.</td>
<td>Roast until browned on bottom, 15 minutes. Flip and roast until tender, 10 to 15 minutes.</td>
</tr>
<tr>
<td>Carrots</td>
<td>Peel and cut crosswise into 1 inch lengths. If stem end is thick, cut in halves or quarters.</td>
<td>Roast until lightly browned on bottom, 12 to 15 minutes. Stir and roast until tender and slightly shriveled, 5 to 10 minutes.</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Trim and cut into 1 inch florets.</td>
<td>Roast, stirring every 10 minutes, until tender and lightly browned, 20 to 25 minutes total.</td>
</tr>
<tr>
<td>Fennel</td>
<td>Quarter lengthwise. Trim the base and core. Cut into 1 inch wedges.</td>
<td>Roast until the pieces begin to brown on the edges, 15 minutes. Stir and roast until tender and browned, 10 minutes.</td>
</tr>
<tr>
<td>Green beans</td>
<td>Trim stem ends.</td>
<td>Roast until tender, a bit shriveled, and slightly browned, about 15 minutes.</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>Wipe clean and trim stems.</td>
<td>Roast stem side down until brown on bottom, 20 to 25 minutes. Flip and roast until browned on top, 5 to 10 minutes.</td>
</tr>
<tr>
<td>Parsnips</td>
<td>Peel, and cut into 2 inch lengths.</td>
<td>Roast about 10 minutes. Stir and roast until tender, about 10 to 20 minutes.</td>
</tr>
<tr>
<td>Potatoes</td>
<td>Peel or scrub well and dry. Cut into 1 inch pieces.</td>
<td>Roast 10 to 15 minutes. Stir and roast until tender, about 10 to 15 minutes.</td>
</tr>
<tr>
<td>Rutabaga</td>
<td>Peel and cut into 1 inch pieces.</td>
<td>Roast 10 to 15 minutes. Stir and roast until tender, 10 to 20 minutes.</td>
</tr>
<tr>
<td>Sweet potatoes</td>
<td>Peel and cut into 1 inch pieces.</td>
<td>Roast 10 minutes. Stir and roast until tender, 10 to 20 minutes.</td>
</tr>
<tr>
<td>Turnips</td>
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Roasting enhances the flavor of so many foods. It brings out a wonderfully sweet taste in vegetables. Roasting uses no liquid to cook the food, but rather uses dry heat that circulates around the food.

Roasting Meat

Place the meat, fat side up, on a rack in an open, shallow pan. Insert a meat thermometer into the thickest part of the meat. Place the pan in the oven at 300°F to 350°F and cook until the thermometer reads at least the minimum safe temperature according to USDA.

- Beef Roasts - 145 °F
- Pork Roasts - 160 °F
- Poultry - 165 °F

Allow the meat to stand for 15 minutes before carving.

Roasted Chicken

1 (3.5 – 4 pound) chicken
1 tablespoon olive oil
1 - 2 teaspoons dried herbs such as sage, rosemary, thyme, parsley
½ teaspoon salt
½ teaspoon pepper

Preheat oven to 425°. Remove giblets from inside chicken cavity. Rinse chicken inside and out, and pat dry with paper towels. Combine olive oil, herbs, salt, and pepper in small bowl. Lift skin away from breast meat. Rub oil mixture under skin, over entire outside of chicken, and within chicken cavity. Place chicken, breast up in lightly oiled ovenproof dish about the same size as chicken. Tuck wings under breast and tie legs together with kitchen twine (cotton string). Roast 1 ½ to 2 hours or until chicken is done ~ thermometer inserted into thickest part of leg reads at least 165° and juices run clear.

Remove chicken from oven and allow to cool 10 – 15 minutes before carving.

*Variation: Add celery, onion, garlic, and/or lemon to cavity before roasting.

Roasted chicken can be used as the main dish or added to casseroles, stir-fries, soups, pasta, rice dishes, etc.

How many meals can you get from one chicken?

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- Place the garlic head on the center of a sheet of heavy aluminum foil. Drizzle with olive oil making sure that each clove is well covered.
- Bring each corner of the foil up and pinch together at the top so the garlic head is covered.
- Roast for 30-35 minutes or until the cloves feel soft when pressed and are just starting to turn golden. Remove each clove from its papery covering. At this point the garlic may be mashed and used as a spread or kept whole.

Roasted Kale Chips

4 cups kale
1 tablespoon olive oil
1 teaspoon sea salt
½ cup grated Parmesan cheese

Preheat oven to 375˚. Wash kale and cut out tough stems. Tear kale in pieces about the size of the palm of your hand. Place in large bowl and toss with olive oil. Place in single layer on baking sheet lined with foil. Roast 5 minutes. Turn kale over and roast 5-10 minutes more. Remove from oven and sprinkle with salt and cheese. Serve immediately.

Yield: 2-4 servings

When roasting veggies remember not to pile them up on the baking sheet – place them in a single layer so they don’t touch each other. That way, the heat will be able to surround each side of the veggie. Piling too many veggies on the pan steams them instead of roasting them. Either way, they cook, but you will miss out on that nice roasted flavor and texture!