

Roasting Vegetables

Vegetable	Prep	How to roast (425°)
Asparagus	Rinse, pat dry and snap off tough bottom ends.	Roast for 5 minutes. Flip and roast until tender and a bit shriveled, 5 to 8 minutes.
Beets	Trim, peel and cut into 1 inch cubes	Roast 15 minutes. Stir, roast until tender, 10 to 20 minutes.
Broccoli crowns	Trim florets from stem. Split the florets so that each piece is 1 ½ to 2 inches wide.	Roast until the floret tops begin to brown, 8 to 10 minutes. Stir and continue to roast until tender, 3 to 6 minutes.
Brussels sprouts	Trim, halve lengthwise.	Arrange cut side down on baking sheet. Roast until tender and browned, about 15 minutes.
Butternut squash	Peel and cut into 1 inch pieces.	Roast until browned on bottom, 15 minutes. Flip and roast until tender, 10 to 15 minutes.
Carrots	Peel and cut crosswise into 1 inch lengths. If stem end is thick, cut in halves or quarters.	Roast until lightly browned on bottom, 12 to 15 minutes. Stir and roast until tender and slightly shriveled, 5 to 10 minutes.
Cauliflower	Trim and cut into 1 inch florets.	Roast, stirring every 10 minutes, until tender and lightly browned, 20 to 25 minutes total.
Fennel	Quarter lengthwise. Trim the base and core. Cut into 1 inch wedges.	Roast until the pieces begin to brown on the edges, 15 minutes. Stir and roast until tender and browned, 10 minutes.
Green beans	Trim stem ends.	Roast until tender, a bit shriveled, and slightly browned, about 15 minutes.
Mushrooms	Wipe clean and trim stems.	Roast stem side down until brown on bottom, 20 to 25 minutes. Flip and roast until browned on top, 5 to 10 minutes.
Parsnips	Peel, and cut into 2 inch lengths.	Roast about 10 minutes. Stir and roast until tender, about 10 to 20 minutes.
Potatoes	Peel or scrub well and dry. Cut into 1 inch pieces.	Roast 10 to 15 minutes. Stir and roast until tender, about 10 to 15 minutes.
Rutabaga	Peel and cut into 1 inch pieces.	Roast 10 to 15 minutes. Stir and roast until tender, 10 to 20 minutes.
Sweet potatoes	Peel and cut into 1 inch pieces.	Roast 10 minutes. Stir and roast until tender, 10 to 20 minutes.
Turnips	Peel and cut into 1 inch pieces.	Roast 10 to 15 minutes. Stir and roast until tender, about 10 to 20 minutes.

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 Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3572.

~Roasting~

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



No need to buy a rotisserie chicken from the store. You can save lots of \$\$\$ by roasting your own!

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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Roasted Garlic

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 to expose the individual cloves of garlic.
- ✓ 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!