

ROOT VEGETABLES



Root vegetables are generally in season from May through October.

Tips for selecting root vegetables

Types of root vegetables include beets, parsnips, rutabagas, and turnips. Choose root vegetables that are firm and well-shaped. The best roots have smooth skins and feel heavy for their size. Do not choose vegetables that:

- are spotted or have growth cracks,
- look shriveled or misshapen, or
- feel soft or flabby.

Storage

Most root vegetables should be refrigerated and stored in the crisper or in plastic bags. They will keep up to one month.

Preparation

Root vegetables may be mashed like potatoes and used as a side dish. Boil or steam, then mash, puree, or toss with margarine and seasonings. Roots can be cut into chunks and added to soups, stews, and casseroles.

Add thin slices of peeled root vegetables to salads or serve as an appetizer with dip.

Key nutrients

- Carbohydrates for energy
- Iron for healthy blood
- Vitamin C for healthy gums, skin, and blood

Recipes

Roasted root vegetables

- 2 tablespoons olive oil
- 1 tablespoon maple syrup or honey
- 1 small garlic clove, minced
- 1 Yukon Gold potato, quartered
- 1 carrot, peeled and cut into 2-inch pieces
- 1 parsnip, peeled and cut into 2-inch pieces
- 1 small sweet potato, peeled and quartered
- 1 rutabaga, peeled and cut into 1½-inch pieces
- 1 small onion, peeled and quartered
- 1 tablespoon melted butter

Preheat oven to 350°F. Mix oil, maple syrup, and garlic in a small bowl. Place cut vegetables on a large rimmed baking sheet, pour oil mixture over vegetables, and toss to coat. Spread vegetables out in single layer. Roast until tender and golden brown, stirring occasionally, about 1½ hours. Transfer vegetables to platter. Drizzle vegetables with butter and serve immediately. Serves 4; 220 Cal; 10 g fat.

Mashed potatoes and turnips

- 1 pound turnips
 - 1 pound potatoes
 - Milk
 - 2 cloves garlic (optional)
 - Salt and black pepper to taste
- Boil turnips, potatoes, and garlic in water to cover. Cook until tender. Mash until smooth, adding milk to desired texture and salt and pepper to taste. Serves 4; 115 Cal; 0.5 g fat.



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