



Good for You!

Root Vegetables

Root vegetables are the “underground” part of a plant that we eat fresh, canned or frozen.

Root vegetables are high in fiber, low in calories, packed with vitamins A, C, and folic acid, plus many minerals.

Wait to wash root vegetables until just before using them.

Rinse with cold water and scrub with a vegetable brush to remove dirt. Remember where they are grown!

Nutritious Bargains for the Fall and Winter Seasons

Beets	Sweet potatoes
Carrots	Turnips
Garlic	Radishes
Jicama	Parsnips
Onions	Potatoes



An Underground Guide to Selecting Root Vegetables

Sweet Potatoes are sometimes called yams. This very nutritious vegetable can be cooked and eaten alone or used in soups, breads, or even fries!

Store sweet potatoes in a cool, dry place – not in the refrigerator. Plan to serve canned or fresh sweet potatoes any time of the year.

Bake or boil sweet potatoes until they are slightly soft. Cooked sweet potatoes make a delicious and nutritious snack – served either hot or cold, sprinkled with a little cinnamon, if desired. Any leftovers will keep up to five days in the refrigerator.

Cut sweet potatoes into strips like French fries and spray with low-fat cooking spray or toss with a little oil. Bake at 375 degrees for 30 minutes for a tasty snack or side dish.

Potatoes are the most popular vegetable in the United States! Boil, bake, mash or microwave.....so easy to fix! Try leaving the potato skin on for added fiber and nutrients. Be sure and cut off any green spots or sprouts on potatoes before cooking. Potatoes should not be stored in the refrigerator or next to onions – onions make potatoes spoil.

Beets have the highest sugar content of any vegetable, but they are very low in calories. Try fresh, cooked beets or look for canned beets for variety.



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Carrots are sweet and make a quick and easy snack. Those with the brightest orange color have the most nutritional value. Dip carrot sticks in peanut butter for a healthy snack.

Onions make you cry? To limit tears, chill onion before cutting and be sure to cut into the root end of the onion last. Onions contain antioxidants that can help protect against chronic disease

Garlic is in the same family as the onion. It boosts the flavor and nutrition in many meat and veggie dishes.

Turnips come in a variety of shapes and sizes. The flesh can be white or yellow. Store turnip roots in a plastic bag in the refrigerator. Peel turnips before cooking. Try them in soup or stew!

Jicama (pronounced he-ca-ma) is a cousin to the sweet potato. It tastes like a crispy cross between an apple and a sweet potato. Just peel and cook or enjoy raw dipped in fat-free ranch dressing

Radishes are pungent or sweet in taste with a lot of juice. Radishes can be white, red, purple or black. They are eaten raw, cooked or pickled.

Parsnips are closely related to the carrot but are white or cream in color. Parsnips are usually cooked but can also be eaten raw. They are high in vitamins and minerals, especially potassium.

Roasted Root Vegetables

Makes 4 servings

Ingredients

- 2 carrots
- 1 onion
- 4 other root vegetables (choose a variety from potatoes, turnips, parsnips, beets, sweet potatoes, etc.)
- ¼ cup vegetable oil
- 3 tablespoons Parmesan cheese

Directions

1. Preheat oven to 350 degrees.
2. Wash and peel vegetables; cut into large chunks.
3. Place in a medium bowl and pour oil over top. Add seasonings or Parmesan and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.

Nutrition Facts: Each serving provides: 260 calories, 15g total fat, 150mg sodium, 30g total carbohydrates, 6g fiber



Build Your Own Root Vegetable Soup!

Ingredients

- 1 medium onion, chopped
- 1 garlic clove, minced
- 2 tablespoons vegetable oil
- 2 medium sweet potatoes, peeled and cut into 1-inch cubes
- 2 medium white potatoes, peeled and cut into 1-inch cubes
- 2 medium carrots, sliced
- 1 can (14.5 ounces) low fat chicken broth
- 2 cans (14.5 ounces) diced tomatoes with liquid
- 2 to 3 cups water
- 1 teaspoon salt
- ½ teaspoon black pepper

Directions

1. In a large pot, cook onion and garlic in oil 3 to 4 minutes. Add remaining ingredients.
2. Cover pot, bring to a boil and turn heat to low. Simmer 30 to 45 minutes or until vegetables are tender.

For variety try adding other root vegetables such as rutabagas, turnips and parsnips. Add celery, kale, canned corn, green beans and herbs for flavor. Beef broth and cooked meat can be substituted for chicken broth.

Nutrition Facts: a one cup serving provides 100 calories, 2.5g total fat, 0mg cholesterol, 520mg sodium, 17g total carbohydrate, 3g fiber

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