



Roasted Root Vegetables

6 medium beets
2 large sweet potatoes
3 parsnips
2 tablespoons olive oil

1 teaspoon salt
1 teaspoon black pepper
Dressing (recipe follows)

Dressing

1/3 cup white wine vinegar
1/4 cup olive oil
2 tablespoons horseradish
1 tablespoon Dijon mustard
2 teaspoons honey
1/2 teaspoon salt
1/2 teaspoon pepper

Stir together and set aside.

Preheat oven to 400° F.

Peel beets, sweet potatoes and parsnips. Cut into 1/2 inch thick cubes.

Toss vegetables with olive oil and place in a single layer on a greased baking sheet.

Sprinkle with salt and pepper.

Bake at 400°F for 20 to 25 minutes, or until tender. Cool. Arrange vegetables on a serving dish and drizzle with dressing.

Yield: 6 servings

Nutritional Analysis: 210 calories, 10 g fat, 1.5 g sat fat, 3 g protein, 30 g carbohydrate, 0 mg cholesterol, 750 mg sodium, 7 g fiber.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



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Kentucky Beets

SEASON: June through November.

NUTRITION INFORMATION: Beets are good sources of fiber, folate, calcium, and vitamin C, and they are low in fat. One cup of cooked beets or one medium raw beet contains about 50 calories and 2 grams fiber.

SELECTION: When selecting beets, choose those that are round, firm, rich in color, and smooth over most of the surface. Wilted or decayed tops may indicate a lack of freshness. Two bunches, or 6 to 8 individual beets, weigh approximately 2 pounds.

STORAGE: The roots of the beets can be stored in plastic bags for 1–2 weeks in the refrigerator. You can also refrigerate the greens in plastic bags and use them within 2–3 days. Cooked beets may be stored in the refrigerator for up to a week.

PREPARATION: Rinse beets under running water, removing any visible traces of dirt. To keep the juices

of the beets locked inside while cooking, leave the skin, tail, and an inch of the stem attached. The skin will be easier to remove after the beet is cooked.

TO BAKE Scrub unpeeled beets and place in a baking pan with $\frac{1}{4}$ inch of water and cover. Bake at 375°F for about 40 minutes for a large beet.

TO STEAM Scrub unpeeled beets and place in a steaming basket. Cover and steam for about 35 to 40 minutes for large beets, 20–25 minutes for smaller beets, or until tender.

BEETS 1

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Source: USDA

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