



Recipe of the Month

ROASTED ROOT VEGETABLES

Beets

Beets range in color from deep red to white, with firm, smooth skins.

They provide some vitamin C and iron with only 50 calories for each ½ cup serving.

Small beets are more tender than large ones.

If the greens are attached, also a nutritious vegetable, they should be crisp and bright.

This versatile vegetable can be eaten raw, baked, steamed, pickled, or served as a condiment or a side dish with soups, casseroles, entrees, or salads.

Look for smooth, hard, uniformly round beets that are free of cuts and bruises.

Store beets, with the tops cut off, in plastic bags in the coolest part of the refrigerator for up to one week.

If you plan to eat the greens, they should be eaten as soon as possible.

Wash and scrub beets before cooking. Beets peel best after they are cooked. Be sure to wear disposable gloves to minimize red stains on your hands.

Sweet Potatoes

Sweet potatoes are native to America and were a main source of nourishment for early homesteaders and soldiers during the Revolutionary War.

Sweet potatoes are often confused with yams. Yams are a larger root vegetable and are grown in Africa and Asia.

Kentucky grows two kinds of sweet potatoes, the deep orange and the pale yellow or white variety.

They are among the most nutritious foods in the vegetable kingdom. They are excellent sources of vitamins A and C. One-half cup of cooked sweet potato provides 90 calories, 3 grams of fiber, and 380 percent of the Daily Value for vitamin A.

Store sweet potatoes in a cool, dry place.

Parsnips

Parsnips are a relative of the carrot. They are commonly found in Europe and arrived in the United States with the colonists.

Parsnips have a celery flavor and nutty fragrance. There are 60 calories and 3 grams of fiber in a ½ cup serving.

Select medium sized roots with uniform creamy beige skin. Store, unwashed, wrapped in paper towels and placed in the vegetable crisper of the refrigerator for up to 2 weeks.

Wash, peel, and trim parsnips as you would a carrot.

Presentation Plan

Grocery list:

Olive oil, white wine vinegar, horseradish, Dijon mustard, honey, salt, pepper, beets, sweet potatoes, and parsnips, for recipe and display.

Equipment needs:

Chef knife, paring knife, small and large bowl, baking sheet, spoon, measuring spoons and cups and an oven for roasting.

Display preparation:

- Cover display table with a bright cloth or placemats. Display commodities in a basket.
- Arrange recipe ingredients in clear display bowls.

Demonstration steps:

1. Discuss focus commodities and talking points for each.
2. Prepare recipe, discussing function of ingredients to the success of the final product.

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.

Directions: **Preheat** oven to 400° F.

Peel beets, sweet potatoes and parsnips and 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 20-25 minutes, or until tender. Cool. Arrange vegetables on a serving dish and drizzle with dressing.

Yield: 6 servings.

Nutrition 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.

Menu Idea: Serve with baked chicken, seasoned whole grain rice, and cottage cheese with pears.

Source: www.fruitandveggiesmatter.gov

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Kentucky Proud Project

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