

HARVEST OF THE MONTH:

Root Vegetables



Nutrition Facts

Serving Size: 1 cup, cubes (130g)

Amount Per Serving

Calories 36 **Calories from Fat** 1

% Daily Value*

Total Fat 0.13 g **0%**

Saturated Fat 0.01 g **0%**

Trans Fat

Cholesterol 0 mg **0%**

Sodium 87.1 mg **4%**

Potassium 248.3 mg **7%**

Total Carbohydrate 8.36 g **3%**

Dietary Fiber 2.34 g **9%**

Sugars 4.94 g

Sugar Alcohols

Protein 1.17 g

Vitamin A 0 IU 0%

Vitamin C 27.3 mg 46%

Calcium 39 mg 4%

Iron 0.39 mg 2%

ROOT VEGETABLES

- Root vegetables are the roots of plants. These roots grow into the ground from the base of the plant stem. They anchor the plant, absorb water and nutrients, and store energy.

PRODUCE TIPS

- Select firm jicama that are smooth with no bruises or spots. Store in a cool, dry place for up to four months. Keep sliced jicama in a sealed container in the refrigerator for up to one week.
- Look for rutabagas that are smooth, round, and firm. Store in a cold, dry place for up to four months.
- Choose small to medium-sized turnips that are smooth, round, and firm. Store in a cool, dry place for up to two months, or in a sealed container in the refrigerator for two weeks.

SERVING IDEAS

- Peel and slice jicama. Sprinkle with lime juice, or chili powder for a quick snack.
- Serve mashed rutabagas, instead of mashed potatoes.
- Sauté sliced turnips, turnip greens, and chopped onions for a flavorful side-dish.
- Peel and cube parsnips and add to your favorite soup.
- Shred radishes and add to a salad.

WHY EAT ROOT VEGETABLES?

- A ½ cup of most root vegetables is an excellent source of vitamin C.
- Root vegetables are high in fiber, which helps healthy digestion, and low in calories.
- Root vegetables are rich in complex carbohydrates, or starch, which give your body energy, especially for the brain and nervous system.
- Good sources of complex carbohydrates are vegetables, fruits, and grains.

Root Vegetable Recipes

JICAMA PINA BREEZE

INGREDIENTS

- ½ C. canned pineapple chunks, in 100% juice
- ½ C. fresh jicama, peeled and cut into small pieces
- ½ C. fresh orange, peeled and cut into small pieces
- 2 C. 100% orange juice

DIRECTIONS

Place all ingredients in blender and blend until smooth. Pour into glasses, serve.

JICAMA CUCUMBER SALAD

INGREDIENTS

- 1 pound jicama, peeled and cut into ½-inch cubes
- 1 fresh lime
- 2 cucumbers, quartered, and sliced ¼-inch thick
- 3 tsp. chili powder (optional)

DIRECTIONS

Combine jicama and cucumbers in large bowl. Squeeze lime juice and chili powder over salad and mix well. Serve immediately.

MASHED RUTABAGA

INGREDIENTS

- 2 to 3 pounds rutabaga
- Water
- 2 teaspoons salt
- ⅓ cup butter
- ½ teaspoon ground black pepper

DIRECTIONS

Peel rutabaga; cut into chunks. Put the chunks in a large saucepan and cover with water. Add 1 teaspoon of the salt. Bring to a boil; reduce heat, cover, and simmer for about 25 to 30 minutes, or until tender. Drain and let them dry in a colander or in the pan with the top ajar. Mash the rutabagas with the butter, 1 teaspoon salt, and the black pepper.

GLAZED ROOT VEGETABLES

INGREDIENTS

- 5 small turnips, sliced
- 5 carrots, diced
- 2 parsnips, diced
- 2 sweet potatoes, diced
- 2 tsp. white sugar
- ¼ C. balsamic vinegar
- Salt and pepper

DIRECTIONS

Spread the turnips, carrots, parsnips, and sweet potatoes in a single layer into the bottom of a large skillet. Pour enough water over the vegetables to cover, but not completely submerge; add the sugar and balsamic vinegar. Place the skillet over medium-high heat; bring the liquid to a boil. Cook and stir until the liquid is evaporated and the vegetables are tender, about 20 minutes. Season with salt and pepper and serve.

ROASTED ROOT VEGETABLES

INGREDIENTS

- 3 ½ C. coarsely chopped carrot
- 3 C coarsely chopped parsnips
- 1 ¾ C. chopped, peeled turnips
- 2 T olive oil
- ½ tsp. sea salt
- 1 tsp. brown sugar
- 2 red onions, cut into wedges
- 2 T chopped parsley
- 1 T. balsamic vinegar
- 1 tsp. freshly ground pepper

DIRECTIONS

Preheat oven to 450 degrees. Combine first 7 ingredients (italic) in a shallow roasting pan; toss well. Bake at 450° for 1 hour, stirring after 30 minutes. Remove from oven. Add parsley, vinegar, and pepper, tossing to coat before serving.