

# Winter Root Vegetables

## Put The Roots Back Into Nutrition!

### Nutrition Tips:

- Low in calories and rich in fiber.
- Many root vegetables are excellent sources of vitamin C, potassium and beta-carotene.

### How to Pick Perfect Root Vegetables:

- Choose small, firm root vegetables free of cuts, spots or blemishes.
- Parsnips, turnips and rutabagas are often sold with a food-grade wax coating to prevent moisture loss. This can be simply peeled along with the skin before using.
- Store in a plastic bag in the refrigerator for up to 2 weeks.

### How to Increase Consumption:

- Diced root vegetables can be baked, boiled, or microwaved and added to any recipe for a hearty flavor.
- Add root vegetables to soups and stews, or make a soup that features one in particular.
- All root vegetables make good “mash,” not just potatoes!
- Roasted root vegetables have a natural sweetness with a crisp, browned exterior.
- Make root vegetable gratin (similar to “au gratin” potatoes). They make a great side dish or main course!



This publication was supported by the CDC Cooperative Agreement number U58/DP001494.  
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# Root Vegetable Recipe

## Rustic Winter Vegetables

Makes about 3½ cups

### Ingredients:

- 4 cups cleaned and diced winter vegetables\* (about 1-1.5 lb)
- 1 pc. thick sliced bacon, cut into 1-inch pieces
- 1 Tbsp. olive oil
- 1½ tsp. dried thyme
- 1 Tbsp. garlic powder
- 2 oz. feta cheese

### Directions:

Preheat oven to 425 degrees. In a medium-sized bowl, toss together vegetables, bacon, olive oil, thyme and garlic powder. Spread mixture into a shallow baking pan. Roast in oven about 35 minutes, stirring vegetables every 10 minutes, until tender. Remove from oven and sprinkle with feta cheese. Serve hot over toasted baguette slices, pasta or crackers

Note: vegetable mixture may be cooked ahead of time and reheated prior to serving.

\*Choose any mixture of winter squash, carrots, parsnips, turnips, sweet potatoes or rutabagas.

**This recipe is a Foot Steps to Health recipe and is 500 Club approved**

For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.childhoodobesitycoalition.org/>

