

# Harvest of the Month

# ROOT VEGETABLES

## FUN FACTS

Root crops have been eaten widely for more than 5,000 years and include a wide variety of vegetables, like beets, sweet potatoes, carrots, turnips, and parsnips. They come in all shapes, sizes, and flavors—from sweet deep purple beets to bright and spicy red radishes. Many root vegetables have delicious edible leaves, such as beet greens, turnip greens, and carrot tops.

SOURCES: Today's Dietitian, National Gardening Association



Root crops each have their own nutritional profile depending on their variety. Different colored vegetables provide their own unique set of naturally-occurring compounds called phytonutrients that have been heavily linked to the prevention of chronic disease.

## NUTRITION

## RECIPE: CARROT RAISIN SALAD



YIELD: 50 - 1/2 cup SERVINGS

### INGREDIENTS

3 lb. 8 oz (1 qt 2 cups) low-fat plain yogurt  
 1 1/2 tsp salt  
 1 tsp ground nutmeg  
 2/3 cup, 1 Tbsp, 1 tsp apple cider vinegar  
 2 cups honey  
 3 lb. 4 oz fresh carrots, shredded coarsely

3 lb. 14 oz (1 No. 10 can) canned pineapple tidbits in 100% juice, drained  
 2 lb. (1 qt 3 1/3 cups) fresh green apples, unpeeled, diced  
 1 lb. 3 oz golden raisins  
 4 oz (1 1/3 cup) shredded coconut (optional)

### PREPARATION

1. DRESSING: Combine yogurt, salt, nutmeg, vinegar, and honey in a medium bowl. Stir well. Set aside for step 3.
  2. Combine carrots, pineapple tidbits, apples, and raisins in a large bowl. Toss lightly. Set aside for step 3.
  3. Pour 1 qt (about 2 lb. 8 oz) of dressing over 2 qt 3 cups (about 3 lb. 6 oz) vegetable mixture. Stir well.
  4. Transfer to pans and garnish with coconut (if using).
- CCP: Cool to 41°F or lower within 4 hours. Refrigerate until ready to serve. Portion with No. 8 scoop.

SOURCE: USDA Mixing Bowl

### MEAL PATTERN CONTRIBUTION

1/4 cup red/orange vegetables  
 1/4 cup fruit

## RECIPE: ROASTED ROOT VEGETABLE HASH

YIELD: 52 - 1/2 cup SERVINGS

### INGREDIENTS

2 lb. 8 oz beets  
 2 lb. 8 oz carrots  
 2 lb. 8 oz other root vegetables (turnips, rutabaga and/or parsnips)  
 2 lb. 8 oz potatoes  
 2 lb. 8 oz sweet potatoes  
 1 lb. yellow onion  
 3 qt water

5 Tbsp, 1 tsp ground coriander  
 5 Tbsp, 1 tsp ground cumin  
 5 Tbsp, 1 tsp onion powder  
 5 Tbsp, 1 tsp paprika  
 1 Tbsp, 1/2 tsp garlic powder  
 1 Tbsp, 1/2 tsp kosher salt  
 1 cup vegetable oil

### PREPARATION

1. Trim and peel beets, carrots and other root vegetables. Cut into 1/2-inch dice.
2. Cut potatoes and sweet potatoes into 1/2-inch dice.
3. Trim and peel onions. Cut into 1/4-inch dice.
4. Preheat convection oven to 425°F.
5. Bring water to a boil in a 4-quart stockpot. Add beets and cook until you can just pierce them with a fork (but they are not fully tender), 12 to 15 minutes. Drain and transfer to a large bowl.
6. Meanwhile, mix coriander, cumin, onion powder, paprika, garlic powder, and salt in a small bowl.
7. Add the carrots, potatoes, sweet potatoes, other root vegetables, onions, and oil to the beets. Sprinkle with the spice mixture and stir to coat. Divide between 2 full sheet pans and spread evenly. Roast, stirring once, until the vegetables are fork tender and beginning to brown and crisp on the edges, 40 to 45 minutes.



Adapted from Vermont's New School Cuisine Cookbook

### MEAL PATTERN CONTRIBUTION

1/2 cup other vegetable

