



# Harvest of the Month

# ROOT VEGETABLES



## RECIPE: CURRIED CARROT SOUP

Carrots are cooked in chicken broth and mixed with curry powder and onions to create a unique and delicious flavor. Try this soup on a cold fall or winter day to warm up your students!

### INGREDIENTS

- 1 Tbsp olive oil
- 2 Tbsp butter
- 1 medium onion, chopped
- 1.5 lb packaged baby carrots
- 6 cups chicken stock

### YIELD: 6- 1 1/2 CUP SERVINGS

- 1 1/2 Tbsp curry powder
- 1/4 to 1/2 teaspoon ground cayenne pepper
- 1/2 tsp salt
- 1 cup sour cream
- 6 pieces of fresh chives, cut into 1-inch

### PREPARATION

1. Heat olive oil in pan. Saute onions and carrots for 5 minutes.
2. Add chicken broth, curry, and cayenne and salt. Simmer until carrots are very tender. (Salt and cayenne are optional and can be added to taste at the end instead of in this step).
3. Once vegetables are tender, process soup with an immersion blender until soup is pureed and well blended. Add additional stock if needed.
4. Garnish with a swirl of sour cream and garnish with chives (you can leave out the sour cream if you want!)

Adapted from: Windham/Raymond Schools & Healthy School Recipes

**MEAL PATTERN CONTRIBUTION** | 1/2 cup red/orange vegetable

## RECIPE: UNDERGROUND CANDY

This vegetable side dish is so sweet it tastes like candy. The combination of flavors from rutabagas, turnips, parsnips, carrots and sweet potatoes is very complimentary in this dish. It is a perfect recipe for introducing new root vegetables to children.

### YIELD: 8 - 1/2 CUP SERVINGS

### INGREDIENTS

- 3 oz diced fresh carrots
- 5 oz diced fresh parsnips
- 1 lb diced fresh sweet potatoes
- 6 oz diced fresh turnips
- 6 oz diced fresh rutabaga

- 1 oz olive oil
- 1 tsp salt
- 1/2 tsp pepper

### PREPARATION

1. Wash and cut vegetables into 1/2-inch diced pieces. Toss with oil and season with salt and pepper.
2. Spread in a single layer on sheet pans and bake at 300° F for 20-30 minutes or until roasted and soft.
3. Can be served hot or cold

Adapted from: Oklahoma Farm to School & Healthy School Recipes

**MEAL PATTERN CONTRIBUTION** | 3/8 cup starchy vegetable  
1/8 cup other vegetable



## RECIPE: PARSNIP BISCUITS

### YIELD: 6 (1 BISCUIT) SERVINGS

This recipe is from the 2021 Farm to School Cook-Off, where the challenge ingredients were local parsnips and eggs!

### INGREDIENTS

- 8 oz parsnip, peeled
- 1/2 cup all-purpose flour
- 1/2 cup whole-wheat flour
- 1/2 Tbsp baking powder

- 1 tsp sugar
- 1/4 tsp cinnamon
- Pinch of nutmeg
- 1/4 tsp salt

- 4 tbsp unsalted butter, cut into chunks
- 1/4 cup buttermilk

### PREPARATION

1. Cut the parsnip into chunks and cook either by boiling or steaming until tender, around 10 min. Mash up the parsnip with a fork.
2. Preheat oven to 400F.
3. In a food processor - pulse together the flour, baking powder, sugar, cinnamon, nutmeg and salt. Add the butter and pulse until you have a fine breadcrumb texture. Add the buttermilk and parsnip puree and pulse a few times until combined and coming together but don't overmix.
4. By hand - mix together the dry ingredients (as in food processor method) then rub in the butter. Add the buttermilk and parsnip puree and mix until combined, being careful not to overmix.
5. In both cases tip the mixture onto a floured surface and pat out the dough with floured hands, fold it over and pat out a 1/2" thick layer around 3/4" thick.
6. Cut out circles with a cutter or glass, trying not to twist as you cut, and place the circles on a greased baking sheet/tray.
7. Bake for around 12-15 min until risen and lightly brown.

Adapted from: RSU54's 2021 Farm to School Cook-Off team, Team SonDay



**MEAL PATTERN CONTRIBUTION** | 1.25 oz grain

