

Root Vegetables



Beets, Carrots, Parsnips,
Rutabagas and Turnips



★ A Nutritional Superstar that protects your health ★

Buying/Storing

Buy root vegetables that are fresh looking, firm, and without cracks, cuts or moldy spots.

Store in the refrigerator for several weeks. Without refrigeration, you will need to use them within 1 week or so.

Food Safety

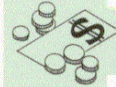
Wash the vegetables thoroughly with cool running water just before peeling or cutting.

Refrigerate leftovers promptly.



Time Saver

Keep vegetable sticks in the refrigerator for quick and healthy snacking. If carrots or broccoli are too crunchy, briefly steam or microwave them until tender.



Money Saver

Stock up on root vegetables in the Fall when they are first harvested. They are inexpensive then and give variety to meals when other fresh vegetables are out of season.



Snack Attack

- ★ Make quick pickled beets by marinating cooked beets in leftover sweet pickle juice.
- ★ Young raw turnips are usually very mild and can be eaten raw for snacks.



Kids' Corner

After School Crunchies

Have an adult cut a turnip into thin rounds. Cut your favorite shapes with cookie cutters. Slip carrot sticks through holes in the centers and you have a snack holder that you can eat.

Roasted Root Vegetables

When roasted, most root vegetables like onions, carrots, rutabagas, squash, and parsnips develop a sweet, caramel flavor.

- 1 Line a shallow roasting pan with aluminum foil. Spray with non-stick cooking spray.
- 2 Wash vegetables and cut in large serving sized pieces.
- 3 Rub with vegetable oil and bake, uncovered, in 450° oven until tender and the skins are caramel colored, 20 to 30 minutes, depending upon size of vegetable. Season with salt, pepper and herbs if desired.



Spicy Marinated Carrots

- 6 large carrots, peeled and cut into sticks
- 1 medium onion, peeled and sliced in rounds
- 3 cloves garlic, peeled and thinly sliced
- 1 tablespoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon red pepper flakes
- 2 cups cold water
- 2 cups cider vinegar

- 1 In medium bowl, mix all ingredients together. Add more water if necessary to make sure the carrots are covered with liquid.
 - 2 Cover with plastic wrap and refrigerate. Stir occasionally. Taste and add more hot pepper if desired.
- Serve for snacks. May be kept in refrigerator up to 1 week.

Note: A jalapeno pepper or several dashes of hot pepper sauce may be used in place of the red pepper flakes.

Beets ...

Grate cooked beets and mix into chocolate cake batter for added moisture. Use young beet tops as salad greens.

Carrots ...

Add grated, raw carrots to coleslaw, salads, meat loaf, rice, pasta, cookies, muffins, cakes and sweet breads. Add carrot chunks to soups, stews or pot roast.

Parsnips and Rutabagas ...

For a sweet flavor add them to stews and casseroles. Roasting enhances their flavor. Cook and add to mashed potatoes or form into patties and cook in a little fat until crispy.

Turnips ...

Do not over cook turnips or they may develop a strong flavor. Serve steamed turnips with a dash of cream or butter, parsley,



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