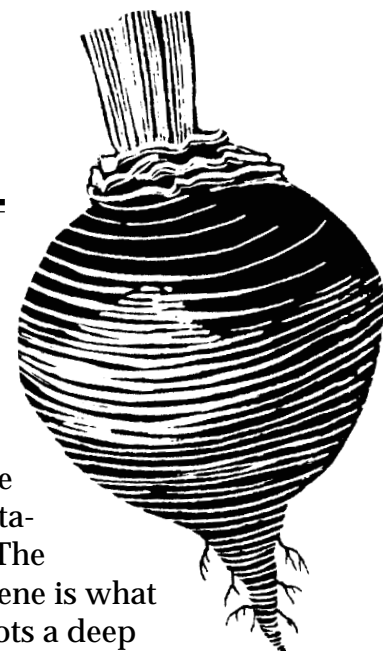


Root vegetables



Root vegetables include rutabagas, turnips, and parsnips. These low-cost, nutritious veggies can be cooked in many ways.

Try adding turnips to soups and stews. You can also steam them and mash like you would potatoes (or you can combine them with mashed potatoes for a colorful change). Turnips can also be

used raw in salads or added to a stir-fry.

Rutabagas look like a big turnip. They are thought to be a cross between a cabbage and a turnip. Use them as you would use turnips. Because they are sweeter tasting than turnips, they can also be used in place of sweet potatoes.

Parsnips look like big, white carrots. Nutritionally, parsnips are

different than carrots. Carrots are high in beta-carotene. The beta-carotene is what gives carrots a deep orange color. Parsnips have no beta-carotene (that is why they are white), but they are high in vitamin C and potassium.

Ugly Ducklings

Makes 6 servings Valerie Haworth, Cabot

Ingredients:

- 2 carrots
- 2 parsnips
- 2 apples



Directions:

1. Rinse and peel carrots and parsnips.
2. Cut into matchsticks.
3. Simmer in a pan of water for 5 minutes.
4. Rinse and cut apples into matchsticks (do not peel).
5. Add to carrots and parsnips and simmer another 5 minutes, until just tender.

Comments: The ingredients may look mundane and unpromising, but steamed together they make an astonishingly beautiful medley.

Nutrition Facts

Serving Size 1 Serving (732g)
Servings Per Container 1

Amount Per Serving

Calories 520 **Calories from Fat** 20

% Daily Value*

Total Fat 2g **3 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 80mg **3 %**

Total Carbohydrate 118g **39 %**

Dietary Fiber 24g **96 %**

Sugars 46g

Protein 6g

Vitamin A 410% • Vitamin C 120%

Calcium 15% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- Each of these root vegetables should be scrubbed with a brush to remove all garden soil.
- Store root vegetables in a plastic bag in the refrigerator for up to 2 weeks. For longer storage, bury them in moist sand in a cool location. Be sure they don't freeze.

Complementary Herbs

Turnips and Rutabagas:

basil

bay leaf

celery seed

marjoram

mint

oregano

parsley

Parsnips:

dill

parsley

sage

Finnish Turnip Casserole

Makes 4 servings *Malah M. Miller, East Dummerston*

Ingredients:

- 2 cups turnip, boiled and mashed
- 1 1/2 Tablespoons sugar
- 1/2 teaspoon salt
- Pepper to taste
- 1 Tablespoon butter, melted
- 1 cup soft bread crumbs
- 2 eggs, well beaten



Directions:

1. Preheat oven to 350 degrees F.
2. Mix 1/2 cup bread crumbs with rest of ingredients.
3. Pour into oiled or sprayed casserole dish.
4. Sprinkle with remaining bread crumbs.
5. Bake for 20 to 25 minutes.

Source: "Trinity Church Cookbook," Shelburne Falls, MA

Nutrition Facts

Serving Size 1 Serving (139g)
Servings Per Container 4

Amount Per Serving

Calories 210 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11 %**

Saturated Fat 3g **15 %**

Cholesterol 115mg **38 %**

Sodium 620mg **26 %**

Total Carbohydrate 28g **9 %**

Dietary Fiber 3g **12 %**

Sugars 7g

Protein 7g

Vitamin A 8% • Vitamin C 15%

Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.