



ROOT VEGETABLES

(Turnips, Beets, Sweet Potatoes, Potatoes, Rutabagas, Parsnips)

WHAT'S IN IT FOR YOU?

- Fiber to help you stay regular
- Vitamin A for healthy vision and skin

SERVING IDEAS

- Peel and chop vegetables. Add to soups and stews.
- Boil vegetables, then mash with a little milk and butter. Serve in place of mashed potatoes.

STORAGE

- Store turnips, beets, rutabagas, and parsnips in a bag in the refrigerator for 1-3 weeks.
- Store sweet potatoes and potatoes at room temperature. Cover potatoes with a towel to keep them in the dark.

ROASTED ROOT VEGETABLES

Makes 4 Servings

Ingredients:

4 medium-sized **root vegetables**

2 carrots

1 medium onion

1/4 cup vegetable oil

Season with your favorite dried herbs

Optional: 3 Tablespoons Parmesan cheese



Instructions:

1. Preheat oven to 350 degrees.
2. Cut vegetables into large chunks.
3. Place in a bowl and pour oil over top. Add herbs and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender. Add Parmesan cheese if desired.

SOURCE: Montana State University Extension Service <http://www.montana.edu/nep/recipes.htm>



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