



# ROOT VEGETABLES

## ROOTED IN NUTRITION

Beets, jicama, turnips, rutabaga, radishes, kohlrabi, and yucca are hardy root vegetables that pack a mean nutrient punch. These cousins to the cruciferous vegetable family provide ample disease fighting antioxidants, Vitamin C, and potassium, and can be easily roasted, boiled, or mashed like a potato.

Due to their hardy nature, root veggies can survive cold weather, and can be stored in the refrigerator for up to a month! They are a cost effective option for winter nutrition in cold climates when little else is growing. Jicama and radishes can be eaten raw and will give your salad a nice crunch, while beets, turnips and parsnips can be diced, roasted, and tossed with cinnamon for a savory side dish.

Look for these versatile veggies on your next trip to the grocery store or farmers market. They're easy to prepare (just wash, peel, chop), full of fiber, and fun to eat!

## ROOT FOR EXERCISE

Veggie power-up your next game or workout with root vegetable fuel. These mighty veggies provide complex carbohydrates which are needed to score touchdowns, run longer, and cheer harder! Root vegetables also provide the body with protein, the building blocks used to make muscles stronger, and therefore make an excellent post-workout recovery meal.

After exercise, your muscles are drained of energy and need to be replenished. Refueling with a meal balanced with protein and carbohydrates will ensure your muscles are rebuilt and ready for your next workout. Other helpful workout recovery tips include ample stretching and hydration. Keep in mind that unless you exercised for an extended period of time or in excessive heat, a sports drink isn't really necessary. Stick to water and whole foods to give your body what it needs, without unnecessary calories and sugar from a sports drink. If plain water won't cut it, slice fresh lemon or orange wedges into your water for a naturally flavorful drink.

ROOT VEGETABLES HAVE ROOTS THAT EXTEND DEEP UNDERGROUND, PROVIDING THE ABOVE-GROUND LEAVES WITH WATER AND NUTRIENTS!

BEET IT! BEETS ARE MOST COMMONLY A DARK RED COLOR, HOWEVER THEY ALSO COME IN OTHER HUES RANGING FROM WHITE TO YELLOW TO A "CANDY CANE" RED-AND-WHITE VARIETY KNOWN AS CHIOGGIA!

TURN-UP THE VITAMIN C! JUST 1 CUP OF TURNIPS HAS ABOUT A THIRD OF A DAY'S WORTH OF VITAMIN C, A POWERFUL ANTIOXIDANT THAT HELPS WITH THE ABSORPTION OF IRON AND ALSO ASSISTS THE BODY IN MAKING COLLAGEN FOR BONES AND CARTILAGE.

**SIMPLY  
GOOD**

CARROTS



RADISHES

TURNIPS

#LOL: WHY DID THE PARSNIP GO TO THE DOCTOR?  
BECAUSE IT WASN'T PEELING WELL!

### GIVE A HOOT FOR ROOTS!

A half cup of root vegetables is about one cupped handful – try to eat 1 to 2 cups of vegetables with meals to meet your daily nutrition needs. Variety is important for balanced nutrition and keeping things interesting – it may be easy to get stuck in a rut when time is tight, but make an effort to try out new recipes or different cooking methods (mashed, roasted, steamed, baked, and raw). Spend as much time focusing on your vegetable side dishes as you do on your main meal, or even better, make vegetables the star. By filling your plate with fiber-rich vegetables, you'll end up eating less (because you'll feel full sooner) and consume less calories (because vegetables are less energy-dense than grains and proteins). Eating plants is also good for the environment because they need less energy and water to produce. If you're worried about getting enough protein, remember that we only need a few ounce of protein at each meal, and beans, lentils, and whole grains are great sources.

Remember that root vegetables are higher in carbohydrates and calories than other vegetables, so balance your plate with another colorful vegetable too – like steamed broccoli, a tossed salad, or roasted cauliflower. It's OK to also enjoy a grain with your meal like steamed rice or pasta, but don't go overboard. Everything in moderation!

**BROWN SUGAR GLAZED PARSNIPS** *Serves 4*

Ingredients:  
 1 lb parsnips, peeled and cubed  
 1/2 tsp Kosher salt  
 2-1/2 Tbsp brown sugar  
 1/4 tsp ground black pepper  
 2-1/2 Tbsp margarine  
 Cooking spray

Directions:  
 Preheat oven to 350 F. Place parsnips in a medium saucepan. Add enough water to cover by 1 inch. Add 1/4 tsp salt and bring to a boil. Reduce heat to a simmer and cook until tender, about 6 minutes. Drain. Spray baking pan with cooking spray. Arrange parsnips in pan and sprinkle with brown sugar. Dot with margarine and season with 1/4 tsp salt and pepper. Bake for about 20 minutes until parsnips are tender.

Nutrition per 1/2 cup serving: 170 calories, 7 g fat, 360 mg sodium, less than 5 mg cholesterol, 28 g carbohydrate, 2 g protein, 4 g fiber

GARLIC

ONIONS

POTATOES

BEETS

**SIMPLY GOOD**

CARROTS

MASH 'EM! ROOT VEGGIES LIKE YUCCA, PARSNIPS, TURNIPS, AND RUTABAGA CAN BE BOILED AND MASHED TO CREATE CREAMY MASHED "FAUXTATOES!"