

Roasted Vegetables

Late summer and fall harvests in New England offer an abundance of wonderful vegetables. Roasting a medley of root vegetables can create a delicious display of colors, flavors and nutrients.

For a variation on this recipe, other vegetables can be cut up and exchanged or added such as: beets, brussels sprouts, celery, celery root, eggplant, and/or rutabagas.

These great seasonal vegetables can be found in abundance at many of our local farm stands and markets.

Roasted Root Vegetables

Ingredients

- 1 T olive oil
- 1 red onion, sliced
- 4 cloves garlic, peeled and diced
- 2 carrots, peeled and diced
- 1 turnip, peeled and diced
- 1 yam or sweet potato, peeled and diced
- 2 parsnips, peeled and diced
- 1 t dried rosemary
- 1 t dried thyme
- 1 pinch salt
- 1/2 t black pepper
- 1 T balsamic vinegar, optional

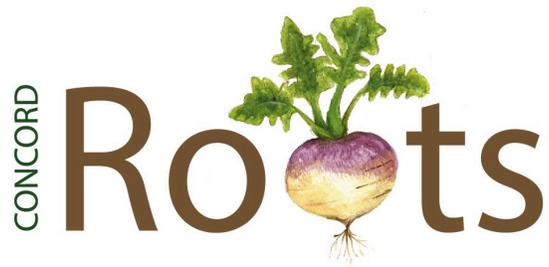
Directions

Preheat oven to 375°F. Spray a baking sheet pan with nonstick cooking spray. Combine all ingredients in a mixing bowl; toss to combine. Place mixture on a sheet pan. Bake 30 minutes, turning vegetables every 10 minutes until vegetables are tender and slightly browned. Drizzle with balsamic vinegar before serving.

Makes 8 servings (approximately 1/2 cup)

Nutrition Info: Calories: 82.1 Fat: 1.9g Carbohydrates: 15.8g Protein: 1.4g

These recipes have been prepared by Concord Roots co-coordinator Mayra Seyfarth, Clinical Nutrition Manager/General manager at Emerson Hospital.



More ways to Prepare Root Vegetables

Root vegetables are the starchy tubers and taproots of plants. If we let them be they would provide the plant with needed nourishment to thrive. Instead, we pull them up and eat them and all their inherent sweet, starchy, vitamin-laden yummy-ness. Find great ways to use root vegetables - be they potatoes, sweet potatoes, carrots, turnips, rutabagas, celery root, or beets - of all sorts here.

1. Braised Root Vegetables

Root vegetables become tender and deeply flavored when cooked slowly in a bit of liquid. You can cook one kind or, better yet, a mixture of root vegetables for a hearty side dish or casual vegetarian main dish.

1. Scrub or peel root vegetables and cut into large bite-size pieces if necessary.
2. Heat a heavy-bottomed pot over medium-high heat. Add oil and root vegetables, sprinkle with salt, and pour in 1/2 to 1 cup broth. Cover, reduce heat to maintain a simmer, and cook until vegetables are tender and starting to brown, about 20 minutes.
3. Add fresh herbs - rosemary, thyme, and parsley are good options - at the end for a bit of fresh flavor.

2. Grilled Root Vegetables

Root vegetables aren't the first thing most people think to grill, but they can be delicious when cooked over an open flame. They develop a crusty exterior and their starches get a bit sweet and nicely tender (even fluffy!) inside. Cook small root vegetables whole; halve or thickly slice bigger root vegetables. Brush them liberally with vegetable or olive oil, sprinkle with salt, and cook on a medium-hot grill until grill-marked and tender, about 10 minutes per side.

3. Mashed Root Vegetables

Mashed potatoes are well known, as are mashed sweet potatoes (often sweetened with brown sugar). Other root vegetables like parsnips, turnips, and celery root are also delicious mashed - either on their own or with the more traditional potato.

1. Peel root vegetables and cut into large, even chunks. Put them in a pot and cover with cold water.
2. Bring to a boil. Add salt. Cook until vegetables are very tender, about 20 minutes.
3. Drain thoroughly; return vegetables to pot over heat; shake pot to cook off any excess liquid, about 5 minutes.
4. Put vegetables through a ricer or mash with a large fork or masher. Add cream, butter, milk, and/or buttermilk and salt and pepper to taste. Serve hot.

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4. Roasted Root Vegetables

Roasting brings out the essential sweetness in root vegetables and creates a crispy brown exterior that's always welcomed. Plus it's easy.

1. Scrub vegetables clean; peel if you like.
2. Cut vegetables into bite-size pieces.
3. Toss vegetables with enough olive oil, vegetable oil, or melted butter to lightly but evenly coat them.
4. Put vegetables in a roasting or baking pan, sprinkle with salt. Sprinkle with freshly ground black pepper, chopped herbs, or spices (such as cayenne) to taste.
5. Roast in a hot oven (375°F to 425°F) until vegetables are tender and browned, about 30 minutes.
6. You can roast vegetables with chicken or a meat; add them to the pan about half an hour before you expect the meat to be cooked.

5. Root Vegetable Chips

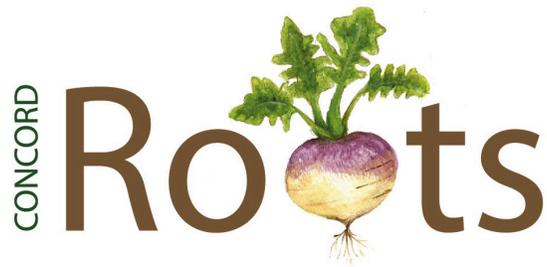
The word "chip" brings to mind potatoes, but all root vegetables can be fried up into crisp, delicious chips for fun, homemade snacks.

1. Peel vegetables and slice as thinly as possible (a mandoline works perfectly for this, but a sharp knife and steady hand works just fine).
2. Rinse starchier vegetables, like potatoes, with cold water. Pat thoroughly dry.
3. Heat oil to 350°F -375°F. Fry chips in small batches (they should form no more than a single layer in the oil) until browning along the edges.
4. Use a slotted spoon to transfer fried chips to a cooling rack or paper towels to drain and let cool. Sprinkle with salt while still warm, but allow to cool (and crisp) completely before serving.

6. Root Vegetable Fries

Cutting root vegetables into sticks and frying or baking them works best with the starchier root vegetables like potatoes and sweet potatoes.

1. Peel vegetables and cut them into French fry sticks that are as even as possible.
2. Soak cut vegetables in cold water for half an hour.
3. Pat vegetables thoroughly dry.
4. **To fry:** Heat oil to 325°F - 375°F. Fry vegetables in small batches until tender and browned. Drain on a cooling rack or paper towels. Sprinkle with salt and serve.



5. **To bake:** Toss vegetables with vegetable oil to coat. Spread in a single layer on a baking sheet. Sprinkle with salt. Bake at 425°F until tender and browned, about 20 minutes. Serve immediately.

7. Root Vegetable Gratin

Root vegetables lend themselves perfectly to being thinly sliced, layered, and baked until tender. Gratins can be elegant side dishes or casual weeknight suppers. Note: If you use onions or leeks cook them until tender before adding to gratin.

1. Peel root vegetables and slice them thinly (a mandoline works perfectly for this, but a sharp knife and steady hand works just fine).
2. Layer vegetables in a buttered baking dish. Sprinkle with salt, pepper, nutmeg, and/or cheese every layer or two.
3. Pour in a cup of broth, cream, or half-and-half if you like.
4. Top gratin with freshly shredded cheese, chopped nut, and/or fresh bread crumbs.
5. Bake at 375°F until tender and browned, 45 minutes to an hour.

8. Root Vegetable Hash Browns

Root vegetables are delicious shredded and cooked until browned and crispy. Make big slabs of root vegetable hash browns or more delicate patties, as you like.

Peel root vegetables and shred on the large hole of a grater. Soak or rinse in cold water, drain, and pat dry.

1. Heat vegetable oil in a frying pan or on a griddle over high heat. Add the shredded vegetables in one large cake or individual patties and sprinkle with salt. They should sizzle immediately. Reduce heat to medium low and cook until well browned on one side. Flip and cook until the vegetables are tender and the hash browns are brown on both sides. Serve hot.

9. Root Vegetable Salads

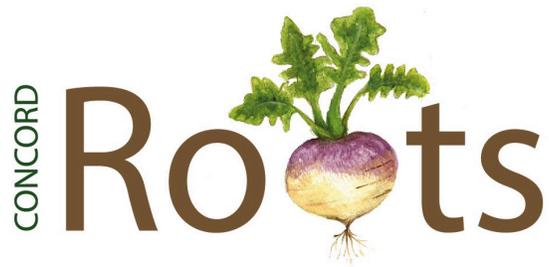
Root vegetables make great additions to salads. Roasted or boiled until tender, toss them with dressings when they are still warm so they absorb the flavors.

10. Root Vegetable Soups

Root vegetables add flavor, nutrition, and bulk to soups and stews. When cut into bite-size pieces most root vegetables take about 20 minutes to become tender when boiled, so add them

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towards the end of cooking time to avoid mushy vegetables. Or, shred them on a large-holed grater to have them blend in a bit.

Root vegetables also make great bases for smooth soups. Traditionally cooked until tender, then pureed and enriched with cream, root vegetable soups can also be highlighted with sour cream, yogurt, buttermilk, or just a combination of one another.