

Roasted Root Camerota's Cupboard February 2013

The love of money may be the proverbial root of all evil, but roasting root vegetables especially in the dead of winter, is good, not only delicious but colorful and healthy as well. Here are three recipes for your consideration. Enjoy!

Roasted Beet Salad

(from The Nutrition Council of Greater Cincinnati's *More Nutritious Still Delicious*)

The Nutrition Council staff recommends this recipe. They explain: "Roasting beets takes advantage of their naturally high sugar content and creates a rich, caramelized flavor that makes this salad special. Even people who think they don't like beets, love roasted beets."

4 large raw beets
2 tablespoons olive oil, divided
 $\frac{3}{4}$ teaspoon salt, divided
1 tablespoon balsamic vinegar
 $\frac{1}{4}$ cup chopped fresh basil
 $\frac{1}{4}$ cup chopped fresh parsley
 $\frac{1}{8}$ teaspoon freshly ground black pepper
2 ounces feta or goat cheese, crumbled

Roasting Beets:

- Preheat oven to 400 deg. F. Cut leaves off the top of beets. scrub beets with vegetable brush.
- Place beets on a piece of aluminum foil; drizzle with 1 tablespoon olive oil and $\frac{1}{2}$ teaspoon salt. Roll beets around to be sure they have a light coating of oil and salt.
- Wrap with foil; bake in 400 deg. oven for 30 minutes.
- Allow beets to cool; then remove skin.

Assembly:

- Cut beets into ½ to 1-inch chunks. Place in large bowl. Add remaining 1 tablespoon oil, balsamic vinegar, basil, parsley, 1/4 teaspoon salt and black pepper; mix.
- Add crumbled cheese; stir gently. Chill at least 30 minutes before serving.

Makes 6 servings (3/4 cup per serving)

Nutrition information per serving: 117 calories; 4g protein; 7g carbohydrate; 2g dietary fiber; 8g fat; 3g saturates fat; 1-mg cholesterol; 283mg sodium

Roasted Root Vegetables

(from Mark Bittman & Sam Sifton in *The New York Times Magazine*, 12/16/12)

3 pounds assorted root vegetables, carrots, parsnips, celeriac, potatoes, turnips, etc.

¼ cup olive oil or canola oil or a mixture

Salt and freshly ground black pepper to taste

Chopped rosemary, thyme or parsley, plus more for garnish.

- Heat oven to 425 degrees. Peel vegetables (optional) and cut them into 1-2-inch chunks; put them in a baking pan and toss with the oil and a sprinkling of salt and pepper.
- Put the vegetables in the oven and roast without stirring for 20 minutes, then check. If they look dry and are sticking to the pan, drizzle with more oil. Continue roasting, stirring or turning the vegetables once, for another 20 minutes or so. Stir in the herbs, then return the pan to the oven for another 20 to 40 minutes, until crisp. Remove from the oven. Garnish with rosemary or thyme.

Makes 8 servings.

Roasted Parsnip Soup

(adapted from Country Living magazine, which adapted it from Tom Valenti's *Soups, Stews and One-Pot Meals*)

Some health benefits of parsnips:

(Source: Andrew Jones, MD, of the Women's Health Institute of Texas)

- It is one of the excellent sources of soluble and insoluble **dietary fiber**. 100 g root provides 4.9 mg or 13% of fiber. Adequate fiber in the diet helps reduce blood cholesterol levels, obesity and constipation conditions.
- As with carrots and other members of apiaceae family vegetables, parsnips contain many **poly-acetylene** anti-oxidants such as *falcarinol*, *falcarindiol*, *panaxydiol*, and *methyl-falcarindiol*.
- Several research studies from scientists at University of Newcastle at Tyne found that these compounds have anti-inflammatory, anti-fungal, and anti-cancer functions and offer protection from colon cancer and acute lymphoblastic leukemia (ALL). Fresh roots also provide vitamin C, about 17 mg or 28% of RDA. Vitamin C is a powerful water-soluble anti-oxidant, easily available to us from natural sources. It helps the body maintain healthy connective tissue, teeth, and gum. Its anti-oxidant property helps protect from diseases and cancers by scavenging harmful free radicals from the body.

2 pounds small parsnips, trimmed, peeled, and cut into 2-inch pieces

¼ cup olive, grapeseed, or canola oil

1 teaspoon salt

½ teaspoon freshly ground pepper

1 medium onion, peeled and cut into small pieces

1 celery stalk, cut into small pieces

1 or 2 bay leaves

1½ quarts reduced salt vegetable or chicken broth

- Heat oven to 350 deg. F. Toss the parsnips, 2 tablespoons oil, ½ teaspoon salt, and the pepper together and place in a single layer in a baking pan. Roast the parsnips, shaking the pan occasionally to turn them, until tender and easily pierced with a fork—about 60 minutes.
- Trim away any burned areas and set aside. Heat the remaining oil in a large pot over medium-high heat until hot but not smoking.
- Add the onion, celery, ½ teaspoon salt, and 1/8 teaspoon pepper and cook until translucent, and softened—about 5 minutes.
- Stir in the parsnips, bay leaves, and broth, and increase the heat to medium high, and bring to a boil.
- Reduce the heat to medium low, partially cover the pot and simmer until the parsnips fall apart easily—about 30 minutes.
- Remove the bay leaves. Puree the mixture in a blender, in 2-cup batches, until smooth.
- Return the soup to the pot over low heat and stir occasionally until warmed through (use water if a thinner consistency is desired, adjust seasoning accordingly).
- Soup may be cooled and stored refrigerated for up to 3 days or frozen for up to 1 month.

Makes 8 Servings

Nutrition information per serving: 1.6g protein; 7.4g fat; 24.9g carbohydrate; 6g fiber; 506.2mg sodium; 0mg cholesterol; 168 calories.