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Root, root, root for Root Vegetables!

What are root vegetables? Root vegetables grow underground to store nutrients to feed the plant in the colder months. Fall is the perfect time to try these in-season vegetables. Examples include onions, celery, carrots, parsnips, beets, sweet potatoes and rutabagas. Like other vegetables, they are low in calories and high in antioxidants, vitamins and minerals.

There are so many ways to eat root vegetables. You can eat them raw as quick snacks or as an interesting flavour addition to salads. Add grated beets or carrots to provide a huge color and flavour boost to salads. Boil root vegetables or add to soups and casseroles. They can also be mashed, baked, roasted, or grilled on the barbecue. Add herbs such as basil, dill or oregano to provide even more of a flavour profile to make the vegetables the star.

For more information on buying, using and storing them, visit www.unlockfood.ca and search for root vegetables.

Did you know?

You can also eat the tops or greens of many root vegetables. Young beet greens are amazing in salads and sandwiches. Fennel tops which have a bit of a black licorice flavour go great on fish. Turnip greens make for easy sitr fries.

Roasted Vegetables

- 2 Tbsp (30 mL) olive or canola oil
- ¼ tsp (1 mL) pepper
- ½ tsp (2 mL) salt
- ½ tsp (2 mL) garlic powder or minced garlic
- 1 Tbsp (15mL) fresh thyme chopped (or 1 tsp dried)
- 2 sprigs fresh rosemary chopped (or 1 tsp dried)
- 8 cups (2 L) diced vegetables such as beets, red onions, celery, butternut squash, sweet potato, carrots, or turnip.

Preheat oven to 400F (200C)

Cut vegetables into 1 inch squares. In large bowl, mix together oil and spices. Toss vegetables in the oil.

Spread in large greased baking pan and bake for 40 minutes until vegetables are tender.

Tip: Roasted beets will make other vegetables a little pink. Use golden beets or leave out if you prefer.

Tip: Switch up the herbs. Try basil or marjoram. Or add 1 tsp ground cumin.

Tip: Leftover roasted vegetables work well in creamed soups.



Looking for some recipe ideas?

<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-curried-squash-and-sweet-potato-soup.pdf>

<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-beet-salad.pdf>

<https://www.unlockfood.ca/en/Recipes/Salads-and-soups/Beet-and-Barley-Salad.aspx>

<https://www.unlockfood.ca/en/Recipes/Salads-and-soups/My-Grandma's-Beet-Soup.aspx>

<https://www.unlockfood.ca/en/Recipes/Salads-and-soups/Hearty-Manitoba-Vegetable-Soup.aspx>

<https://www.unlockfood.ca/en/Recipes/Side-dishes/Grilled-Asparagus-and-Sweet-Potato-with-Curry.aspx>

<https://www.unlockfood.ca/en/Recipes/Side-dishes/Parsnips-with-Pears-and-Wild-Rice.aspx>

<https://www.unlockfood.ca/en/Recipes/Side-dishes/Maple-Carrots-And-Parsnips.aspx>

For more healthy eating resources and recipes visit Canada.ca/FoodGuide, HealthyEatingStartsHere.ca or www.unlockfood.ca



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For nutrition information visit ahs.ca/nutrition. The Healthy Parents, Healthy Children website has information for expectant parents and parents of children on a variety of topics: <https://www.healthyparentshealthychildren.ca/>

Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

Medicine Hat 403-502-8200

Brooks 403-501-3300

Lethbridge 403-388-6666

For more information on this or other nutrition topics, go to www.healthyeatingstartshere.ca

