Root Vegetables

Colorful, filling, and naturally nutritious



Can add affordable flavor, color, fiber, and nutrients to everyday meals.

Examples

- Carrots
- Beets
- Sweet potatoes
- Potatoes
- Parsnips
- Turnips
- Rutabagas
- Radishes
- Cassava/Yuca
- Celeriac
- Onions
- Garlic
- Jerusalem Artichokes
- Jicama
- Yams

Carrot & Mango Immunity Smoothie

Ingredients:

- ½ cup cooked and cooled carrots (or finely grated fresh carrots)
- 1 ¼ cup frozen mango cubes
- 1 small peeled clementine or orange slice
- ¼ cup plain or vanilla greek yogurt
- 1 cup milk of choice

How to make it: Add all ingredients to a high-speed blender. Blend until smooth and creamy. Pour and serve.

Crunchy Lime Jicama Sticks

1. Peel tough outer skin or raw Jicama.
2. Cut crisp white flesh into finger-sized sticks.
3. Toss with a squeeze of fresh lime.
4. Add a pinch of salt



Bonus!

It looks and crunches like an apple or a potato chip, but taste mildy sweet and refreshing!

Why include them?

- The water and fiber in Root Vegetables can help meals feel satisfying.
- Fiber supports regular digestion and can slow digestion, helping reduce sharp rises in blood sugar after meals.
- ***Orange and Yellow Roots:*** The orange pigment in carrots and sweet potatoes is beta carotene, which is converted into vitamin A. Providing support for our vision, skin and fights against cold germs.
- ***Red and Purple roots:*** These pigments are powerful antioxidants that work with other vitamins to support blood pressure and heart health.
- They contain Vitamin C, which acts as an antioxidant. Helping support our immune system, healing of cuts, scrapes and bruises. Helps the absorption of Plant-based iron.
- They contain Folate, which helps your body build and repair its cells, which helps you grow strong. Getting enough folate protects neural tube defects during pregnancy.
- Root vegetables like Jerusalem artichokes, chicory root, onions and garlic are packed with prebiotics fiber that feeds your healthy gut bacteria.

Simple Ways to Eat More



1. Practical dietary tips

Aim for color variety: mix orange carrots or sweet potatoes, red beets, white potatoes, and purple roots when available.

Keep the skin when appropriate: scrub potatoes, carrots, or parsnips well: skins can add texture and fiber.

Choose a cooking method: roast, bake, steam, air-fry, or sauté rather than deep-fry.

Build flavor without excess salt: try olive oil, garlic, herbs, pepper, lemon, vinegar, cumin, paprika, or rosemary.

Prep ahead: roast a tray of mixed roots for grain bowls, salads, soups, omelets, and lunch boxes during the week.

2. Cooking ideas: raw to puréed



Raw:

shred carrots, beets, radishes, or celeriac into slaws and salads; serve radishes with hummus.

Roasted:

toss cubed carrots, beets, turnips, parsnips, and onions with a little oil and herbs: roast until tender and browned.

Baked:

bake potatoes or sweet potatoes and top with beans, Greek yogurt, salsa, vegetables, or herbs.

Steamed or boiled:

Cook carrots, turnips, or rutabaga until tender: season with lemon, pepper, and herbs.

Sautéed:

spiralize or shred sweet potato, beet, or celeriac for a quick skillet side dish.

Soups and stews:

add potatoes, carrots, parsnips, turnips, or yuca for body and flavor.

Mashed or puréed:

blend carrots, sweet potatoes, beets, parsnips, or celeriac into soups, sauces, dips, or smooth sides.

Easy roasted root formula

Cut vegetables into similar-size pieces, toss with a small amount of oil and seasonings, and roast at 400–425°F until fork-tender, turning once.

Root vegetables can be crunchy and raw, caramelized from the oven, or smooth in a purée.