DO YOU LIKE YOUR ROOTS ROASTED OR RAW?

Either way, we have a recipe for you!

Universal Roasted Roots

You can use any combination of root vegetable in this recipe. Carrots, potatoes, parsnips, turnips rutabaga, beets...Serves 4-6 people as a hearty side dish.

• 3-5 lbs. mix of roots, well-scrubbed or peeled, cut to uniform size

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CARROTS

- ¼ cup of extra virgin olive oil
- Optional additions (although not roots) chunks of onions or roughly chopped garlic

Preheat oven to 400° F. Toss chopped roots with ¼ cup of EVOO. Season with salt and pepper. Arrange roots on a baking sheet in a single layer. Roast for 40 minutes or until desired texture. Leftovers will keep for up to 4-5 days.

You can enjoy this raw slaw with any combination of roots. Serves 4-6 people as a hearty side dish.

- 2-3 lbs. peeled or well-scrubbed parsnips, carrots, turnips, beets and/or radishes, shredded or thinly sliced
- 1/2 cup roughly chopped fresh parsley, cilantro, or dill
- 3 Tbs. lemon juice
- 1 Tbs. apple cider vinegar or red wine vinegar
- 2 Tbs. extra virgin olive oil
- Salt and pepper to taste

Toss all ingredients together and adjust seasonings to taste. Prepare at least an hour ahead of serving for a softer crunch or toss right before serving for a more robust texture. Keeps well for up to 3 days.





For more amazing CT farm fresh school tested recipes, To **find local** roots for home or for your school food services, **IORE!!!** AND to **download free** educational materials, activities, and fun facts, visit

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Raw Slaw

