

Fruits and Vegetables..... Good for You!

Root Vegetables

Root vegetables are the “underground” part of a plant that we eat fresh, canned or frozen.

Root vegetables are high in fiber, low in calories, packed with vitamins A, C, and folic acid, plus many minerals.

Wait to wash root vegetables until just before using them. Rinse with cold water and scrub with a vegetable brush to remove dirt. Remember where they are grown!

Nutritious Bargains for the Fall and Winter Seasons!

Beets	Sweet potatoes
Carrots	Turnips
Garlic	Radishes
Jicama	Parsnips
Onions	Potatoes



An Underground Guide to Selecting Root Vegetables

Sweet Potatoes are sometimes called yams. This very nutritious vegetable can be cooked and eaten alone or used in soups, breads, or even fries!



Try This! Cut sweet potatoes into strips like French fries and spray with low-fat cooking spray or toss with a little oil. Bake at 375 degrees for 30 minutes for a tasty snack or side dish.

Store sweet potatoes in a cool, dry place – not in the refrigerator. Plan to serve canned or fresh sweet potatoes any time of the year.

Bake or boil sweet potatoes until they are slightly soft. Cooked sweet potatoes make a delicious and nutritious snack – served either hot or cold, sprinkled with a little cinnamon, if desired. Any leftovers will keep up to five days in the refrigerator.

Try This! Microwave (about 5 minutes) sweet potatoes with their skins left on and enjoy plain or drizzle with a little butter and brown sugar for a sweet treat.

Nutrition Facts: One baked sweet provides 100 calories, 0g total fat, 10mg sodium, 22g total carbohydrates, 3g fiber

Potatoes are the most popular vegetable in the United States! Boil, bake, mash or microwave.....so easy to fix! Try leaving the potato skin on for added fiber and nutrients. Be sure and cut off any green spots or sprouts on potatoes before cooking. Potatoes should not be stored in the refrigerator or next to onions – onions make potatoes spoil.

Beets have the highest sugar content of any vegetable, but they are very low in calories. Try fresh, cooked beets or look for canned beets for variety.

Carrots are sweet and make a quick and easy snack. Those with the brightest orange color have the most nutritional value. Dip carrot sticks in peanut butter for a healthy snack.



Cook sliced carrots in a little water in the microwave for 2 minutes. Toss with a dab of butter and enjoy their natural flavor.....yum!

Nutrition Facts: Two carrots provide 150 calories, 4.5g total fat, 10mg cholesterol, 105mg sodium, 27g total carbohydrates, 4g dietary fiber



Onions make you cry? To limit tears, chill onion before cutting and be sure to cut into the root end of the onion last. Onions contain antioxidants that can help protect against chronic diseases.



Make a veggie burrito – mix shredded carrot, onion, broccoli, cheese and salsa and wrap in a flour tortilla.

Nutrition Facts: One burrito provides 170 calories, 5g total fat, 5mg cholesterol, 360mg sodium, 27g total carbohydrates, 4g dietary fiber

Garlic is in the same family as the onion. It boosts the flavor and nutrition in many meat and veggie dishes.

Turnips come in a variety of shapes and sizes. The flesh can be white or yellow. Store turnip roots in a plastic bag in the refrigerator. Peel turnips before cooking. Try them in soup or stew!

Jicama (pronounced he-ca-ma) is a cousin to the sweet potato. It tastes like a crispy cross between an apple and a sweet potato. Just peel and cook or enjoy raw dipped in fat-free ranch dressing.

Build Your Own Root Vegetable Soup!

- 1 medium onion, chopped
- 1 garlic clove, minced
- 2 tablespoons vegetable oil
- 2 medium sweet potatoes, peeled and cut into 1-inch cubes
- 2 medium white potatoes, peeled and cut into 1-inch cubes
- 2 medium carrots, sliced
- 1 can (14.5 ounces) low fat chicken broth
- 2 cans (14.5 ounces) diced tomatoes with liquid
- 2 to 3 cups water
- 1 teaspoon salt
- ½ teaspoon black pepper

In a large pot, cook onion and garlic in oil 3 to 4 minutes. Add remaining ingredients. Cover pot, bring to a boil and turn heat to low. Simmer 30 to 45 minutes or until vegetables are tender. For variety try adding other root vegetables such as rutabagas, turnips and parsnips. Add celery, kale, canned corn, green beans and herbs for flavor. Beef broth and cooked meat can be substituted for chicken broth.

Nutrition Facts: One cup serving provides 100 calories, 2.5g total fat, 0mg cholesterol, 520mg sodium, 17g total carbohydrate, 3g dietary fiber



Canned Vegetables: Taste Great, Easy to Serve and Ready to Use!

Canned vegetables are already cooked, so the easiest way to use them is to heat and serve.

Canned vegetables make meal and snack preparation easy, while adding taste and color. Watch for sales and keep canned vegetables stored in a dry, cool area until ready to use.

Before opening, wash the top of the can under running water and wipe with a clean towel. Remember to wash the can opener after each use, too! Leftovers should be removed from the can, put into a covered container and stored in the refrigerator.



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