

Roasted Root Vegetables

(serves 4)

Try these roasted veggies topped with a sunny side-up egg.

Ingredients

1 medium potato
1 medium sweet potato
1 beet
1 turnip
2 carrots
1 medium yellow onion
2 tablespoons vegetable oil
3 tablespoons Parmesan cheese
1/4 teaspoon salt
1/4 teaspoon pepper



Directions

1. Preheat oven to 350°F.
2. Wash hands with soap and water.
3. Gently rub vegetables under cool running water and peel. Note: You can leave skin on potato and sweet potato for extra fiber!
4. Cut all vegetables into large chunks and place into a large mixing bowl.
5. Pour oil, cheese, salt, and pepper on top of vegetables; stir to combine.
6. Place vegetables on a large baking sheet and bake until tender (around 1 hour).

Nutrition Facts per serving: 180 calories, 9g fat, 290mg sodium, 23g carbohydrate, 4g fiber, 5g protein

Recipe from Eat.Move.Save. through Illinois Extension.

Adapted from Roasted Root Vegetables, from USDA What's Cooking.

Cabbage and Ham Bone Soup

(serves 8)

Pair this soup with a square of cornbread.

Ingredients

1 medium onion, chopped
3 stalks celery, chopped
2 tablespoon butter
4 cup water
1 roasted ham bone
2 large carrots, diced
2 large white turnips, peeled, diced
1/2 green cabbage, chopped or shredded
3 tablespoon lemon juice



Directions

1. Wash hands with soap and water.
2. Gently rub produce under cool running water.
3. In large pot, sauté onion and celery in butter until onion is clear.
4. Add water and ham bone and bring to simmer. Cook 5-7 minutes.
5. Stir in carrots, turnips, cabbage, and lemon juice.
6. Simmer until vegetables are tender but not mushy, about 15 minutes.
7. Remove ham bone and set aside until cool enough to handle.
8. Skim and discard any fat on top of soup.
9. Refrigerate leftovers and eat within 4 days.

Tip: The ham bone does not have much meat left. To add more protein to this soup, add cooked white beans or stir in cooked ham. Or serve the soup with a ham sandwich.

Nutrition Facts per serving: 70 calories, 3g fat, 65mg sodium, 10g carbohydrate, 3g fiber, 2g protein

Recipe from Eat.Move.Save. through Illinois Extension.

Lemon and Rosemary Roasted Turnips

(serves 6, ½ cup per serving)

Try turnips with seasoned chicken, salad greens, and fruit.

Ingredients

3 garlic cloves, minced or 1/2 teaspoon garlic powder
1 tablespoon olive oil
1/3 cup low-sodium chicken broth
1 teaspoon oregano, dried
1 teaspoon rosemary, dried
2 tablespoon lemon juice
3 cup turnips, diced

Directions

1. Preheat oven to 400°F.
2. Wash hand with soap and water.
3. Gently rub fresh produce under cool running water.
4. Mix oil, broth, garlic, oregano, rosemary, and lemon juice together in a small bowl. Toss with diced turnips and garlic.
5. On a cookie sheet, or shallow pan, place coated turnips in the oven for 25 minutes. Take out and flip. Bake another 25 minutes and serve.
6. Refrigerate leftovers for up to 4 days.

Nutrition Facts per serving: 45 calories, 3g fat, 50mg sodium, 5g carbohydrate, 1g fiber, 1g protein

Recipe from Lisa Peterson, University of Illinois Extension Nutrition and Wellness Educator

