

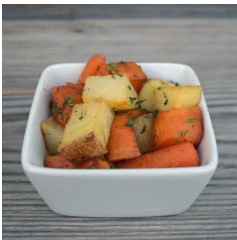


Exploring Root Vegetables

The term root vegetable is used for any underground part of a plant that we eat. The roots grow into the ground from the base of the plant. They come in a rainbow of colors and a number can be eaten raw or cooked. Examples of root vegetables include carrots, beets, onions, parsnips, potatoes, sweet potatoes, and turnips.



Roasted Root Vegetables



6 root vegetables, (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.) (medium)

¼ cup olive oil

¼ teaspoon salt

¼ teaspoon freshly ground black pepper

1. Wash hands with soap and water. Preheat oven to 425°F. Line a baking sheet with foil.
2. Scrub vegetables with a clean vegetable brush under running water. Peel vegetables (optional) and cut into 1-inch chunks.
3. Place vegetables in a self-sealing plastic bag, add the oil and seal. Shake until vegetables are coated evenly with oil. Spread vegetables out evenly onto the baking sheet in a single layer. Sprinkle with salt and pepper.
4. Roast the vegetables in the oven for about 40 minutes, stirring halfway through cooking, until tender and golden brown. Serve hot or lukewarm.

Makes 6 servings. Each serving contains 160 calories, 9 g fat, 19 g carbohydrate, 4 g fiber, 6 g sugars, 180 mg sodium and 2 g protein.

Tip: Try sprinkling the vegetables with different herbs and spices, such as thyme, rosemary, or cinnamon.

For more information check out the Food Fun for Young Children Newsletter at: <https://go.unl.edu/youngchildren>

Root Vegetable Party

- Explain to children they will be tasting various kinds of root vegetables.
- Show them a variety of root vegetables, (for example carrots, parsnips, and beets).
- Ask if they have eaten any of these vegetables before.
- Wash the root vegetables well. As you cut them, show the children what the vegetable looks like on the outside and inside.
- Slice each vegetable thinly. Put a slice of each root vegetable on each child's plate.
- Taste one root vegetable at a time. Ask which one is the sweetest, smells the best, crunchiest, etc.
- Have each child tell which root vegetable was their favorite.

Source: Root Vegetables, Farm to Preschool, USDA