

## ROASTED ROOT VEGETABLES WITH PARSLEY

<b>Culinary Intro:</b>	Take advantage of seasonal root vegetables when preparing this dish. Roasting allows their natural sugars to caramelize, helping to build flavor.
<b>Nutrition Intro:</b>	Root vegetables are high in vitamins and minerals like Vitamin A, C, and potassium.

<p><b>Prep Time:</b> 1 hour  <b>Ingredients for 6 servings:</b>  <b>Each serving = about 1 cup</b>  <b>Cost per serving=\$0.77</b></p> <ul style="list-style-type: none"> <li>• 3 pounds mixed root vegetables, such as carrots, parsnips, turnips, or beets</li> <li>• ½ teaspoon salt</li> <li>• 1 teaspoon freshly ground black pepper</li> <li>• 1 Tablespoon extra-virgin olive oil</li> <li>• ¼ cup parsley</li> </ul> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Preheat oven to 375°F. Wash all vegetables. Peel any vegetables with thick skin. Cut vegetables into uniform sizes.</li> <li>2. Toss the vegetables with salt, pepper, and olive oil.</li> <li>3. Lay the veggies flat onto a baking or roasting sheet. Roast for 40 minutes, or until vegetables are deeply golden and cooked through.</li> <li>4. Remove veggies from the oven, allow to cool slightly. Chop parsley and sprinkle on top.</li> </ol>	<b>Culinary/ Nutrition Notes for Demo:</b>	
	<b>1</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• it is not always necessary to peel vegetables; make sure to scrub root vegetables well</li> <li>• emphasize importance of uniform cuts</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Leave edible peel on fruits and veggies whenever possible because it provides extra nutrients, dietary fiber and flavor.</li> </ul>
	<b>2</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• be creative and explore other seasonings, for example ground cumin and carrots are delicious; cinnamon and sweet potatoes can be nice</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Fresh herbs and spices enhance flavor in meals which decreases the need to add extra salt, fats or sugar for flavor.</li> <li>• Carrots, great source of vitamin A which may help promote health vision.</li> <li>• Extra virgin olive oil- good source of healthy healthy oils, no chemicals or additives applied in the extraction process.</li> <li>• Parsley: adding fresh herbs and spices enhances flavor without the need to add extra salt, sodium and fats to meals.</li> </ul>
<b>3</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• roasting caramelizes natural sugars of root vegetables, which helps enhance flavor</li> </ul>	

## Nutrition Facts

Serving Size about 1 cup (233g)

Servings Per Container 6

**Amount Per Serving****Calories 130**     **Calories from Fat 25**

% Daily Value\*

**Total Fat 3g**     **5%**Saturated Fat 0g     **0%**

Trans Fat 0g

**Cholesterol 0mg**     **0%****Sodium 310mg**     **13%****Total Carbohydrate 26g**     **9%**Dietary Fiber 7g     **28%**

Sugars 10g

**Protein 2g**

Vitamin A 260%     •     Vitamin C 60%

Calcium 8%     •     Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:     2,000     2,500

Total Fat     Less than     65g     80g

Saturated Fat     Less than     20g     25g

Cholesterol     Less than     300mg     300mg

Sodium     Less than     2,400mg     2,400mg

Total Carbohydrate     300g     375g

Dietary Fiber     25g     30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Clean-up/Review comments

**Culinary:**

Root vegetables are ideal for roasting, as their natural sugars get caramelized and their wonderful earthiness develop. Roasted veggies make great leftovers and can be added to salads, or used as toppings for pizza or fillings for quesadillas or wraps.

**Nutrition:**

Remember adding colorful vegetables to your dish also adds micronutrients! Cook with lots of colorful vegetables and even make them sweet using a roasting technique.

Materials	Shopping List	Qty.
<ol style="list-style-type: none"> <li>1. 1 cutting board</li> <li>2. 1 Chef's knife</li> <li>3. 1 bowl for trash</li> <li>4. mise en place bowls</li> <li>5. silicone spatula</li> <li>6. measuring cups</li> <li>7. measuring spoons</li> <li>8. oven</li> <li>9. baking sheet</li> <li>10. oven mitt</li> <li>11. paper plates/ cups/ soufflé cups</li> <li>12. paper towels</li> <li>13. tablecloth</li> <li>14. kitchen towel</li> <li>15. gloves</li> <li>16. copies of recipe</li> <li>17. aluminum foil</li> </ol>	<p><b>Produce</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 3 pounds assorted root vegetables such as beets, turnips, carrots, or parsnips</li> <li><input type="checkbox"/> 1 bunch parsley</li> </ul>	
	<p><b>Condiments</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> salt, black pepper</li> <li><input type="checkbox"/> extra-virgin olive oil</li> </ul>	
	<p><b>Paper Goods</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> plates, forks, napkins</li> <li><input type="checkbox"/> aluminum foil</li> </ul>	
<p><b>Prepping for demo:</b></p> <ul style="list-style-type: none"> <li>• Shop for ingredients/ Ensure all ingredients are available</li> <li>• Rinse &amp; dry produce</li> <li>• Prep &amp; store for demo as requested in recipe</li> <li>• Label all mise en place items</li> <li>• Make sure to leave a portion of the produce intact for demo purposes</li> <li>• Prepare a batch of roasted vegetables for tasting purposes</li> <li>• Ensure all equipment is in place and set up table with a tablecloth</li> <li>• Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe</li> </ul> <p><b>Estimated time for preparation: 1 ½ hour</b></p>		