

Root Vegetables



Garlicky Turnip Fries

Ingredients:

- 4 turnips, peeled
- 2 tablespoons olive oil
- 2 tablespoons cornmeal
- 2 tablespoons grated Parmesan cheese
- 1/4 teaspoon garlic salt

Directions:

- Cut turnips into 1/2-inch matchsticks; toss with olive oil.
- Toss with cornmeal, Parmesan cheese, and garlic salt.
- Bake at 450° for 15 minutes. Turn turnips over; rotate pans. Bake 8 minutes or until browned.

Makes 4 servings, approximately 1/2 cup each.

Nutrition information per serving: Calories, 110, Carbohydrate, 10.8g; Protein, 1.5g; Total Fat, 7.1g; Saturated Fat, 0 g; Trans Fat, 0 g; Cholesterol, 0.5mg; Fiber, 2.8g; Total Sugars, 4.6g; Sodium, 1748mg; Calcium, 43.2mg; Folate, 18.3mcg; Iron, 0.5mg.

Reasons to Eat Root Vegetables

- A ½ cup of most root vegetables provides an excellent source of vitamin C.
- A ½ cup of sliced jicama is a good source of fiber.
- Complex carbohydrates* (commonly referred to as "starches") are a key nutrient in root vegetables.

Produce Tips

- Select firm jicama that are smooth with no bruises or spots. Store in a cool, dry place for up to four months. Keep sliced jicama in a sealed plastic bag in the refrigerator for up to one week.
- Choose small- to medium-sized turnips that are smooth, round, and firm. Store in a cool, dry place for up to two months or in a plastic bag in the refrigerator for up to two weeks.
- Look for rutabagas that are heavy, smooth, round, and firm. Store in a cold, dry place for up to four months or in the refrigerator for one month.

Let's Get Physical!

- At work: Stretch with co-workers to help relax during your break.
- At school: Encourage your child to start a walking group during recess. They can talk while they walk!
- With the family: Play touch football or tag this weekend.

Ideas

- Look for roots like jicama, parsnips, turnips, rutabagas, and radishes at your local market.
- Peel and slice crisp jicama. Sprinkle with chili powder for a quick snack.
- Peel and cube parsnips and add to your favorite soup.
- Sauté sliced turnips, turnip greens, and chopped onions for a flavorful dish.
- Serve mashed rutabagas instead of mashed potatoes.
- Shred radishes and add to a green salad.

How Much Do I Need?

A ½ cup of sliced root vegetables is about one cupped handful. Root vegetables come in a variety of colors and most can be eaten raw or cooked. The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Remind students to eat a variety of colorful fruits and vegetables throughout the day. It will help them reach their recommended daily amounts.

	Kids, Ages 5-12	Teens & Adults, Ages 13 and up
Male	2½ - 5 cups per day	4½ - 6½ cups per day
Female	2½ - 5 cups per day	3½ - 5 cups per day

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