ROOT VEGETABLES

**BEETS**

- **HIGH IN ANTIOXIDANTS**
- **ANTI-INFLAMMATORY**
- **DETOXIFYING**
- **GREAT SOURCE OF VITAMIN C, FOLATE, POTASSIUM, MANGANESE, COPPER**

**COOKING TIPS:** A 15 min steam is great for beets; studies show that beets’ concentrations of nutrients are diminished by heat. Fill the bottom of a steamer with 2” water and bring to a boil, add bite-sized pieces of beets, cover, and steam. Beets are cooked when you can easily insert a fork into the beet. After removing from the steamer basket, let cool, then peel beets by rubbing the skin off with a towel (or wear gloves to keep from staining hands). Whisk olive oil, lemon juice, salt and pepper to taste and pour over beets. Add arugula and some crumbled goat cheese, and enjoy!

**SWEET POTATOES**

- **HIGH IN ANTIOXIDANTS**
- **ANTI-INFLAMMATORY**
- **SUPPORTS BLOOD SUGAR REGULATION**
- **GREAT SOURCE OF VITAMINS A, C, MANGANESE, COPPER, B5**

**COOKING TIPS:** While baking sweet potatoes is a common way to cook them, it does take a bit of time, so instead try a quick sauté. Heat pan over medium heat and add olive oil. Cut sweet potatoes into bite-sized pieces and add to pan. Cook for 5-7 mins and sprinkle some chili powder (about 1 tsp per pound of sweet potatoes). Continue cooking until soft, another 3 mins; total sauté time 8-10 mins. Remove from heat and toss with chopped cilantro, a squeeze of lime juice, and sea salt to taste. Serve hot.

**CARROTS**

- **HIGH IN ANTIOXIDANTS**
- **GREAT SOURCE OF VITAMINS A, K, BIOTIN, FIBER**
- **ANTI-CANCER**
- **SUPPORTS CARDIOVASCULAR HEALTH**

**COOKING TIPS:** If you’re used to boiling carrots when cooking, try steaming instead! To quick steam carrots, fill the bottom of the steamer with 2” of water and bring to a rapid boil. Slice carrots 1/2” thick and steam for 5 mins. Transfer to a bowl. For added flavor try mixing Dijon mustard, honey, and some olive oil in a small bowl and pouring over the steamed carrots.

**Did You Know?** Make sure to remove the greens from your bunched carrots and beets after purchase. If left on, they’ll cause the root veggies to become soft and mushy. Cut the greens off, leaving about 1” of the stems attached to the root vegetables. Store the greens and roots in separate bags in the vegetable drawer of your refrigerator.
**POTATOES**

- **Supports Healthy Blood Pressure**
- **Anti-Cancer**
- **Helps Build New Cells**
- **Great Source of Vitamins B6, C, Potassium, Copper**

**Cooking Tips:** Potato skins are a concentrated source of fiber, so no need to peel them; just scrub under running water right before cooking. For quick steamed herb potatoes, bring lightly salted water to a boil in a steamer with a lid, wash potatoes, and cut them into bite-sized pieces. Place into steamer and cook until tender, about 8-10 mins. While potatoes are steaming, whisk together olive oil, lemon juice, smashed garlic clove, chopped fresh oregano, parsley, and rosemary. When potatoes are done, remove from water, toss with dressing and serve.

**Celery Root**

- **High In Antioxidants**
- **Builds Healthy Bones**
- **Anti-Cancer**
- **Great Source of Vitamins C, K, Fiber, Potassium, Phosphorus**

**Cooking Tips:** To prepare, simply scrub and wash the root in cold water to remove dirt and sand. Scrape off its outer skin using a thick knife and prepare similarly to other root vegetables, and sub anywhere you would use potatoes. Try grating celery root into a salad or cooked in a soup. You will find this item labeled as celery root or celeriac.

**Onions**

- **Builds Healthy Bones & Connective Tissue**
- **Great Source of B6, Biotin, Manganese, Copper**
- **Anti-Inflammatory**
- **Supports Cardiovascular Health**

**Cooking Tips:** Don’t just think of onions as a garnish: try having onions as a complimentary side dish for dinner! Slice onions about 1/4” thick and let them sit for about 5 mins to enhance health-promoting benefits. Heat broth or water over low heat. When it begins to steam, add onions and cook, covered with a lid, for 7 mins. Stir onions once the liquids have evaporated; they should not stick to the pan and should not be burnt. Remove from heat when onions have turned translucent. Transfer to a bowl and toss with olive oil and sea salt and pepper to taste.

**Radishes**

- **High In Antioxidants**
- **Detoxifying**
- **Anti-Cancer**
- **Good Source of Vitamins B6, C, Copper, Manganese**

**Cooking Tips:** Radishes are most commonly eaten raw, but they’re also delicious roasted! Roasting brings out the sweetness in radishes and helps cut the peppery bite. Try roasting radishes with carrots for a tasty side: remove the greens from 1 bunch radishes and 1 bunch carrots, and rinse well. Slice radishes in half, chop carrots into 1” pieces, and toss with butter or olive oil. Lay out on a baking sheet and sprinkle with sea salt. Put in the oven and roast at 420°F for 20 minutes.

**Did You Know?** Onions aren’t technically a root vegetable, though they do grow in the ground. Onions are considered a bulb, because they consist of a short stem surrounded by fleshy scale leaves or leaf bases and hold the plant’s nutrient reserves while it lies dormant over winter. Garlic, shallots, and leeks are examples of other bulb vegetables.