

Colorful vegetable fries

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INGREDIENTS

- 2 medium carrots
- 2 sweet salad turnips
- 2 kohlrabies
- 2 Tbsp oil
- Salt and pepper to taste
- Optional dried herbs and spices to taste
- 1 cup plain yogurt
- 1 Tbsp honey
- 1 Tbsp extra virgin olive oil
- Dried herbs and spices to taste

DIRECTIONS

1. Preheat oven to 425°F.
2. Wash, peel and dry root vegetables, cut into 1/4 inch matchsticks.
3. In a large bowl, add dried herbs and spices and olive oil to vegetables. Toss until evenly coated.
4. Line baking sheet with parchment paper and arrange fries in a single layer.
5. Roast for 25 minutes or until tender and crispy on the edges. Flip fries halfway through cooking time to ensure even browning.
6. While vegetables are in the oven, combine remaining ingredients to make the dip.
7. Serve the fries warm with yogurt dip on the side.



FUN FACT

Root vegetables, including potatoes, beets, carrots, and turnips, are the original “keeping” vegetables -- the parts of the harvest that could be saved so that settlers and farmers could survive the winter months.



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Rooting-for-you root & tuber vegetables

ROOT & TUBER VEGETABLES

- Root and tuber crops grow underground at the base of a plant, and store nutrients to feed the plant in colder months.
- These crops include carrots, turnips, parsnips, beetroot, onion, garlic, potatoes, sweet potatoes. and many more!

Kohlrabi

- Kohlrabi is not categorically considered a root vegetable.
- It is of the Brassica family, which makes it related to cabbage, broccoli, cauliflower, and kale.
- Like turnips, it is often prepared any way you would prepare potatoes (roasted, boiled, mashed, added to soups or stews).



NUTRITION FACTS

Root and tuber vegetables are rich in complex carbohydrates and fiber, and serve as staple foods in diets all around the world.

Let's look closer at the nutritional benefits of the three root vegetables highlighted this week:

- **Carrots** are rich in antioxidants and vitamin A which supports our cell growth and development, immune system, and vision.
 - **Fun fact:** Carrots actually provide 30% of the vitamin A in our diet in the United States.
- **Turnips** are another great source of vitamin A, as well as vitamin C, K, and calcium.
- **Kohlrabi** is high in vitamin C and a great source of vitamin B6 and potassium.

PRODUCE SEASONALITY IN NJ

- **Carrot & Kohlrabi:** Beginning of June - End of November
- **Turnip:** Mid April - Mid June & Beginning of September - End of November