



## Root Vegetable Recipes

- Beets
- Carrots
- Onions
- Radishes

## BEETS

**Beets** are a root vegetable that have a very earthy, slightly bitter taste. They are typically roasted or boiled with other vegetables to add to their flavor. They are high in fiber and vitamin C.

### Simple Roasted Beets

- 6 beets, whole
- ½ tsp sea salt, fine
- 2 tbsp olive oil

**Instructions:** Preheat the oven to 350F. Line a large baking sheet with a nonstick pad or tinfoil lightly coated in nonstick spray. Set aside. Rinse, then scrub the beets with a brush or coarse sponge. Transfer to a plastic cutting board (if you use wood/bamboo, it may become permanently stained). Use a sharp knife to cut off the stem and root ends of each beet, then chop into ½” cubes (or slices, which are prettier, but take longer to cook). Transfer cubes to a large mixing bowl and toss with oil, then salt (and other spices of choice, if desired). Spread the beet cubes in an evenly-spaced layer on the prepared baking sheet.

### Balsamic Roasted Beets & Carrots

- 4 large beets, peeled and quartered
- 4 large carrots, cut into 2-inch pieces
- 3 tbsp extra virgin olive oil
- 3 tbsp white balsamic vinegar
- ½ tsp honey or sugar
- Salt and pepper

**Instructions:** Place the prepared beets and carrots in a large bowl. Mix the remaining ingredients together in a small bowl. Pour over the vegetables and stir to coat. Lay in a single layer on a baking sheet lined with foil. Roast in a preheated 400-degree oven for 50-60 minutes until they are tender and caramelized.

### Maple Roasted Beets and Carrots

- 4 Beets, medium
- 5 carrots, large
- 3 tbsp maple syrup
- Salt and pepper
- 2 tbsp butter/olive oil

**Instructions:** Preheat oven to 425F and move the rack to the middle position. Cut the beets and carrots into pieces that are roughly the same size, and place the pieces on a large baking sheet. Drizzle the olive oil onto the beets and carrots and add salt and pepper. Toss until they're coated. Spread them out in an even layer. Roast for about 15 minutes, or until the veggies are tender-crisp. Take the baking sheet out of the oven and add the butter and maple syrup directly to the baking sheet. Let the butter melt then toss again until everything is coated. Return the baking sheet to the oven for about 5 minutes. Serve immediately.

### Beets & Greens

- Bacon
- Beet greens
- Beets
- Garlic
- Pepper
- Salt
- Olive Oil

**Instructions:** Preheat the oven to 400F. Wash the beets and greens well. Cut the root tips off, then cut the greens from the roots. If your beets are big, cut them into smaller wedges. If they are small, leave them whole or simply cut them in half. Put them on a piece of tinfoil on a sheet pan or cast iron skillet, drizzle with olive oil and sprinkle with a little salt and pepper. Close up the tinfoil and put in preheated oven for at least an hour. In the meantime, cook your beet greens. Roughly chop up the greens. Heat a large skillet on medium heat and add a handful of bacon pieces. Once they start to get a little crispy, add the beet greens to the pan. You may need to add a little oil or butter if your bacon didn't render a lot of fat. Add a salt and pepper and sauté until the greens start to soften just a bit. Then add some minced garlic to the pan and continue to cook until the greens are wilted and fully cooked through. After an hour, check the roasting beet roots with a knife to see if they are tender. They may need to cook for up to 30 minutes longer. Once they are fully cooked, pull them out of the oven and open the foil to let them cool for a little while.

# Carrots

**Carrots** are root vegetables, usually orange in color, though purple, black, red, white, and yellow cultivars exist. Carrots contain vitamin A, antioxidants, and other nutrients. Evidence suggests that eating more antioxidant-rich fruits and vegetables, such as carrots, can help reduce the risks of cancer and cardiovascular disease. They are also rich in vitamins, minerals, and fiber. They can be enjoyed raw or cooked.

## Brown Sugar Glazed Carrots

- Carrots
- 2 Garlic Cloves
- ¼ tsp black pepper
- ¼ cup brown sugar
- ½ tsp salt
- 1 tbsp olive oil
- 2 tbsp butter

**Instructions:** Preheat oven to 425F. Cut carrot on the diagonal and halve thicker end so they are all roughly the same width. Toss in a bowl with sugar, butter, garlic, oil, salt and pepper. Pour onto tray, spread out. Roast 15 minutes. Toss, then roast a further 10 minutes until soft and caramelized on the edges with plenty of glaze left on the tray. Toss the carrots in the glaze. Serve warm.

## Russian Carrot Salad

- 2 lbs carrots
- 1 tsp coriander, ground
- 9 little cloves of garlic
- 1 tsp black pepper
- 1 ½ tsp salt
- 1 ½ tsp sugar
- 3 tbsp distilled white vinegar
- ¼ cup oil

**Instructions:** In a large bowl, slice carrots into super thin slices. Add all the remaining ingredients, EXCEPT for the oil and toss everything together. In a small saucepan, heat the oil over high heat until oil gets smokey (about 5 minutes). Pour over carrots and toss to coat. Serve immediately or marinate in the fridge before serving.

### **Carrot and Kale Vegetable Sauté**

- 8 bacon strips, coarsely chopped
- 4 large carrots, sliced
- 2 cups of peeled butternut squash (½ inch pieces)
- 1 poblano pepper, seeded and chopped
- ½ cup finely chopped onion
- 1 tsp smoked paprika
- ¼ tsp salt
- ¼ pepper
- 2 tomatoes chopped
- 2 cups chopped fresh kale

**Instructions:** In a large skillet, cook bacon over medium heat until crisp, stirring occasionally. Using a slotted spoon, remove bacon to paper towels. Pour off all but 1 tablespoon drippings. Add carrots and squash to drippings; cook, covered over medium heat 5 minutes. Add poblano pepper and onion; cook until vegetables are tender, about 5 minutes, stirring occasionally. Stir in seasonings. Add tomatoes and kale; cook, covered, until kale is wilted, 2-3 minutes. Top with bacon.

# Onions

**Onions** tend to have a strong, bold, and spicy flavor, especially when eaten raw. They can be tear-inducing, so be mindful of this as you are preparing them. They can be added to salads or sandwiches. Onions make a great base flavor for dishes and are popularly used in soups. In salads, sandwiches, soups, roasted, sautéed, or grilled, onions are a versatile vegetable and make a great addition to any meal.

## Caramelized Onions

- 2 onions
- 1 water or broth
- 1 tsp salt
- 2 tbsp butter

**Instructions:** Add the butter or oil and sliced onions to a large pan on medium heat. Give them a stir to ensure the onions are fully coated, then sprinkle on the salt and stir again. Reduce the heat to medium low (or low if you have a large burner) and stir the onions 2-3 minutes, allowing them to caramelize on the bottom in between stirring. If the onion starts to dry out and stick to the pan, add 1-2 tablespoons of water or broth to deglaze the pan (give it a good scrape) and rehydrate the onions. Continue this process of stirring, scraping, and deglazing until the onions have cooked for 45 minutes or until they're cooked to your liking. Use the caramelized onions on a variety of recipes or store in the fridge for several days.

## Whole Roasted Onions

- Rosemary, fresh sprigs
- 9 yellow onions, small and medium
- Salt & pepper
- ¼ cup olive oil
- 2 tbsp butter, unsalted

**Instructions:** Place a rack in the upper third of the oven and preheat oven to 375F. Cut the tops off of each onion, but leave most of the skins on the onion. Arrange the onions in a square baking dish or a rimmed pan. Drizzle the olive oil over the onions. Place a thin pat of butter on each onion. Sprinkle generously with salt and pepper and top with a rosemary sprig. Bake for 25 minutes until bubbling and tender. Increase the oven temperature to 400F and cook for another 15 to 20 minutes until the onions are completely tender and the tops are browned. Remove from the oven and allow to cool slightly. Remove the skins, slice and enjoy warm.

### Easy Grilled Onions

- 3 onions
- 1 tbsp olive oil
- 2 tsp steak seasoning

Instructions: Cut the onions into 3/4-1 inch thick slices. You will get between 4-6 per onion. Carefully remove the outer ring and peel, trying to keep the remaining onion in tact. Brush the onion slices with olive oil on both sides. Sprinkle with steak seasoning. Place directly on the grill. Cook for 5-7 minutes per side, flipping once they have nice grill marks and easily flip. If they are sticking, they aren't ready to be flipped yet.

### Sautéed Bell Peppers & Onions

- 3 Red/Green/Yellow Bell peppers, sliced
- 1 Red/Yellow Onions, sliced
- 1 tbsp olive oil
- Salt, Black Pepper, and Chipotle Powder to taste

**Instructions:** In a large skillet, heat oil over medium-high heat. Add bell peppers and onions; cook for about 10 minutes until vegetables are soft: stir occasionally. Season with salt, black pepper, and chipotle powder. Serve warm with your favorite sides.

### Easy Bell Pepper Salsa Recipe

- 4 large tomatoes
- 1 large sweet onion, or about 2 cups chopped onion
- 1 large orange bell pepper
- 1 large yellow bell pepper
- 2 cups chopped cilantro
- ½ tsp. Ground black pepper
- 2 tbsp. Lemon juice
- ½ tbs. Salt
- Cayenne pepper, to taste

**Instructions:** This is a meditative recipe- meaning, a lot of chopping. Dice the tomatoes, onion, and bell peppers and add to a large mixing bowl. Chop the cilantro and add as well. Add the black pepper, lemon, sea salt, and cayenne pepper, and adjust to taste. Serves about 6.

### Onion and Arugula Frittata

- 1 tbsp olive oil
- 2 medium onions, thinly sliced
- Salt
- Pinch of red pepper flakes
- 4 cups arugula
- 6 eggs
- ½ cup skim milk
- ¼ cup goat cheese crumbles (optional)

**Instructions:** Preheat the oven to 350F. Heat the olive oil in a medium oven-safe skillet over medium heat. Add the onions, reduce the heat to low and cook the onions until they're golden brown and caramelized, 20-25 minutes. Season the onions to taste with salt and red pepper flakes. Add the arugula and cook until wilted, 1 to 2 minutes. Raise the heat to medium high. In a medium bowl, whisk the eggs and milk to combine. Pour the mixture into the pan and let it cook for 2 to 3 minutes to set the base. Sprinkle the crumbled goat cheese on top of the egg mixture, if using. Transfer the pan to the oven and bake until the frittata is set, 15 to 20 minutes. Let cool for 5 minutes before serving. The frittata can be served warm, at room temperature or chilled.

# Radishes

**Radishes** have a crunchiness similar to carrot but it is more bitter to the taste. It is mostly tasteless but the potassium in the radish makes it slightly astringent. They can be eaten both raw, such as with dips, or cooked. Cooked radishes tend to lose their bitter flavor.

## Roasted Radishes

- ½ tsp garlic powder or 1 garlic clove
- ¼ lemon
- 1 tbsp parsley, fresh
- 2 bunches radishes
- 1 tbsp olive oil
- 1 salt and pepper

**Instructions:** Preheat oven to 425F. Prepare the radishes. Trim the ends off each radish. Slice each radish in half. If it's on the larger size, slice each half. In a medium bowl or the pan you'll be roasting them in, toss with salt, pepper, and garlic. Roast them in the oven for about 25 minutes until crispy on the exterior. Remove them from the oven and make sure they are cooked through to your preference. Sprinkle with fresh minced parsley and lemon juice. Serve immediately.

## Radish Salsa

- ½ pound radishes, stems removed (about 8-10)
- 1 clove garlic, crushed
- 1 jalapeño, ribs and seeds removed
- 1 tbsp freshly squeezed lemon juice
- 2 tbsp cilantro leaves
- Salt & pepper

**Instructions:** Place radishes, garlic, jalapeño, lemon juice, and cilantro in the bowl of a food processor and pulse until finely chopped. Transfer to a small bowl and stir in salt and pepper to taste. Allow to sit 20 minutes to allow the flavors to develop

## Radish Salad

- About 10 basil leaves
- ¼ cup red onion
- 1 radish, medium
- 2 tbsp honey
- 1 generous pinch salt
- ¼ cup rice vinegar
- ½ tsp sesame oil
- 1 cucumber

Dressing: Rice vinegar, sesame oil, honey, basil leaves, salt

**Instructions:** Place all the vegetables into a mixing bowl. Combine the ingredients for the dressing, stir well to combine the vinegar and honey, and pour the dressing over the vegetables. Toss lightly to combine. Refrigerate for about 30 minutes and serve.