

# “Root” for your new favorite vegetable.

Types	Choose it.	Use it.	Prep it.

## Notes:

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## Brown Sugar-Glazed Beets

Adapted from Eating Well magazine, Feb 2009

3 tablespoons dark brown sugar

2 tablespoons orange juice

1 tablespoon butter

1/4 teaspoon salt

1/4 teaspoon freshly ground pepper

3 cups steamed cubed beets\*, 1/2 to 1-inch cubes

Combine brown sugar, orange juice, butter, salt and pepper in a large nonstick skillet. Cook over medium heat until the sugar and butter are melted and starting to bubble. Stir in beets and cook until most of the liquid has evaporated and the beets are coated with glaze, 6 to 8 minutes. Serve hot or warm.

**\*To steam beets:** Trim greens and root end; peel the skin with a vegetable peeler. Cut beets into 1/2 to 1-inch thick cubes, wedges, or slices. Place in a steamer basket over one inch of boiling water in a large pot. Cover and steam over high heat until tender, 10 to 15 minutes.

You can also boil beets whole until fork tender. The skins will slip off easily after allowing them to cool... then you don't have to turn your hands so red!

**\*\*The red pigment in beets will stain your clothes, hands, and cutting board. Because the pigment is water-soluble, it should come out with a little soap and water.**

You don't have to mash 'em to love 'em! Get your favorite root vegetables together, cut them into cubes that are roughly the same size, and roast, following the steps above (except the mashing part, of course).

## Mashed Root Vegetables

1/2 lb. (1 1/2 -2 cups) sweet potatoes, scrubbed and cubed

1/2 lb. (1 1/2-2 cups) parsnips, peeled and cubed

1/2 lb. (1 1/2-2 cups) celery root or another root vegetable, peeled and cubed

1 pound Idaho potatoes, scrubbed and cubed

salt

pepper

3 tablespoons butter or margarine

1/2 cup milk

Other spices to taste

Preheat the oven to 400°F.

In a mixing bowl, toss all vegetables with the oil. Season with salt and pepper. Place on a baking sheet and roast for 40 to 50 minutes or until golden brown, turning every 10 minutes with a spatula. Mash roasted vegetables and butter in a large bowl and stir and mash until the butter melts completely. Add the milk and stir to mix. Serve hot.



Remember that you can easily add leftover cubed root vegetables to casseroles, soups, and pot pies.