

WE'RE ROOTING FOR THESE UNBEETABLE RECIPES



Your Budget Friendly Recipe of the Month

Root vegetables are a diverse group of vegetables that include not only vegetables with roots, but also bulbs and tubers. Many root vegetables are highly nutritious, containing both important nutrients and calories. They are a great source of potassium, folate, carbohydrates, fiber, and vitamins A, B, and C. Examples of root vegetables include onions, garlic, potatoes, yams, beets, turnips, and carrots to name a few.

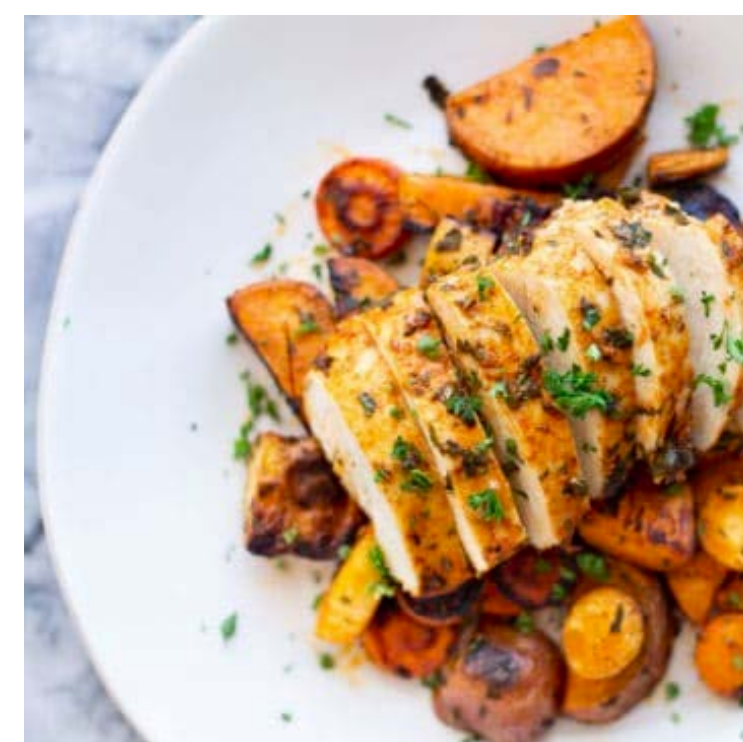
ONE PAN HERB ROASTED CHICKEN AND ROOT VEGETABLES

[HTTPS://MESSINTHEKITCHEN.COM/ONE-PAN-HERB-ROASTED-VEGETABLES-AND-CHICKEN/#RECIPE](https://messinthekitchen.com/one-pan-herb-roasted-vegetables-and-chicken/#recipe)

CUSTOMIZE THIS MEAL TO YOUR LIKING BY ADDING
WHATEVER KIND OF ROOT VEGETABLES YOU WANT AND
COOKING THE VEGETABLES ANYWAY YOU WANT.

INGREDIENTS:

- 4 LARGE CARROTS
- 3 PARSNIPS
- 1 LB RED POTATOES
- 1 SWEET POTATO
- 4 TBSP OLIVE OIL
- 1/2 CUP FRESH HERBS OR DRIED HERBS TO TASTE
- 3 CLOVES GARLIC MINCED
- 2 TBSP SMOKED PAPRIKA
- 1/8 TSP NUTMEG
- 1/2 TSP SALT OR TO TASTE
- 1/4 TSP PEPPER OR TO TASTE
- 2 LBS CHICKEN BREASTS SKINLESS AND BONELESS



Picture retrieved from: <https://messinthekitchen.com/one-pan-herb-roasted-vegetables-and-chicken/#recipe>

HERE'S HOW TO MAKE IT:

1. PREHEAT YOUR OVEN TO 400F.
2. MIX THE OIL, HERBS, PAPRIKA, NUTMEG, SALT & PEPPER IN A BOWL. POUR HALF OF THE MIXTURE INTO YOUR VEGETABLES, AND THE OTHER HALF OVER THE CHICKEN. TOSS EVERYTHING TO COMBINE.
3. PLACE THE CHICKEN BREASTS ON THE PAN, THEN ARRANGE THE VEGETABLES EVENLY AROUND THE BREASTS. I USED A LARGE 13"X18" PAN TO FIT EVERYTHING.
4. ROAST FOR 25-30 MINUTES, UNTIL THE CHICKEN IS COOKED THROUGH, TOSSING THE VEGETABLES AFTER 15 MINUTES.
5. ENJOY!

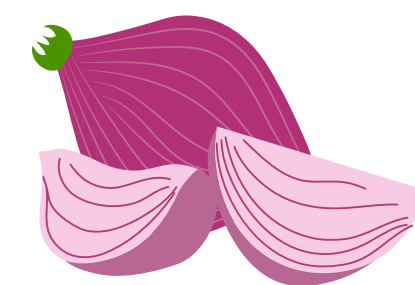
ARE YOU HUNGRY FOR MORE?



ROOT VEGETABLES CAN BE EITHER THE STAR OF THE DISH OR FEATURED IN THE DISH. THEY ARE SO VERSATILE AND CAN REALLY BE USED OR ADDED TO ANY RECIPE. YOU CAN PUREE, ROAST, GRILL, OR MASH THEM TO NAME A FEW IDEAS.

ROASTED ROOT VEGETABLE SOUP: [HTTPS://WWW.SHELIKESFOOD.COM/ROASTED-ROOT-VEGETABLE-SOUP/](https://www.shelikesfood.com/roasted-root-vegetable-soup/)

ROASTED ROOT VEGETABLE PASTA: [HTTPS://JESSICALEVINSON.COM/ROASTED-ROOT-VEGETABLE-PASTA/](https://jessicalevinson.com/roasted-root-vegetable-pasta/)



DID YOU KNOW...

- DECEMBER IS ROOT VEGETABLE MONTH
- ROOT VEGETABLES ARE AVAILABLE YEAR ROUND
- PARSNIPS IMPROVE WITH TASTE WHEN BEING EXPOSED TO FROST A FEW TIMES
- BEETS WILL OFTEN HAPPILY SURVIVE THROUGH MILD WINTERS
- THE LONGER YOU LEAVE ROOTS IN THE GROUND, THE GREATER THE RISK OF THEM BECOMING RIDDLED WITH HOLES FROM SLUGS, WORMS, OR RODENTS.

[HTTPS://WWW.GROWVEG.COM/GUIDES/THE-BEST-WAYS-TO-STORE-ROOT-VEGETABLES/](https://www.growveg.com/guides/the-best-ways-to-store-root-vegetables/)

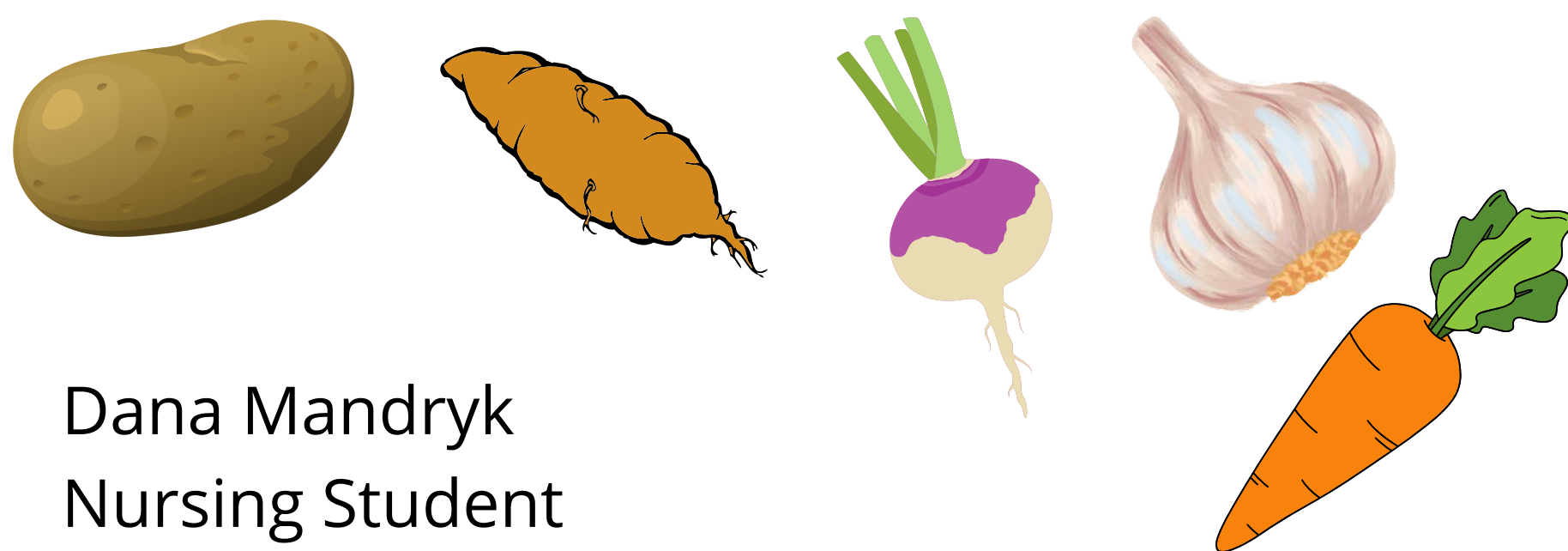
MAKING

YOUR MONEY

S - T - R - E - T - C - H

- GROW YOUR OWN ROOT VEGETABLES TO SAVE MONEY; THE OLD FARMER'S ALMANAC IS A GREAT RESOURCE FOR FINDING OUT THE PERFECT TIME TO START PLANTING CERTAIN VEGETABLES.
- NEVER STORE DAMAGED ROOT VEGETABLES WITH HEALTHY ONES. INSTEAD, LEAVE BRUISED VEGGIES IN THE KITCHEN FOR IMMEDIATE USE
- WHEN YOU REMOVE THE TOPS FROM YOUR TURNIPS, RADISHES, OR BEETS, DON'T TOSS THEM OUT. STORE THE GREENS WRAPPED IN A DAMP TOWEL OR PAPER TOWEL IN AN AIRTIGHT CONTAINER IN YOUR REFRIGERATOR OR PANTRY

[HTTPS://WWW.THESPRUCE.COM/HOW-TO-STORE-ROOT-VEGETABLES-2539997](https://www.thespruce.com/how-to-store-root-vegetables-2539997)



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