

WEEK 4:

Root Around For Cruciferous & Root Vegetables



CRUCIFEROUS

Arugula
Bok Choy
Broccoli
Brussels sprouts
Cabbage
Cauliflower
Collard Greens

ROOT

Potatoes
Carrots
Beets
Turnips
Parsnips
Onions/Shallots
Radishes
Sweet Potatoes

What Are Cruciferous Vegetables?

Also known as 'super-veggies' for their possible anticancer effects, these vegetables are low in calories and high in fiber, Vitamins C, E, and K, helping you feel full and satisfied longer without overeating.

What Are Root Vegetables?

Root vegetables grow below ground, absorb nutrients from the soil, and are packed with vitamins, minerals, fiber and antioxidants, making them some of the heartiest foods we can eat. Carrots and onions are low in calories, but some root vegetables (such as sweet potatoes) are also starches—a type of carbohydrate that the body breaks down into glucose for energy. When balancing your plate, be sure these starchy roots are categorized the same as other carbohydrates (rice, bread and pasta).

Candied Rainbow Carrots

Ingredients

- 8 large carrots, peeled & chopped
- ¼ cup raisins
- 2T coconut oil or butter
- salt

Instructions

1. Preheat oven to 375 F.
2. Place carrots and raisins in cast iron skillet and top with oil or butter. Toss to coat and sprinkle with salt.
3. Bake for 20-30 minutes or until carrots are tender.

