



## A HARVEST OF ROOT VEGETABLES

Root vegetables are underground parts of vegetables that are edible, namely the roots of plants. Many root vegetables are nutritionally rich and high in vitamin C, fiber and complex carbohydrates. Many of them have very high NuVal scores indicating excellent nutrition.



### NuVal Scores for Root Vegetables:

99 NuVal™	Carrots
96 NuVal™	Garlic
100 NuVal™	Kohlrabi
93 NuVal™	Onion
94 NuVal™	Parsnip
93 NuVal™	Potato
99 NuVal™	Radish
100 NuVal™	Turnip
96 NuVal™	Yam/sweet potato

### 4 WAYS TO USE ROOT VEGETABLES

#### Roasted Root Veggies

Roasting brings out the essential sweetness in root vegetables and creates a crispy brown exterior.

How-To: Scrub vegetables clean. Leave the skin on for more fiber, or peel instead. Cut vegetables into bite-sized pieces. Toss with olive oil to coat lightly and evenly. Put veggies in a shallow roasting pan or on a baking sheet. Sprinkle with salt, ground black pepper, chopped herbs or spices to taste. Roast in hot oven (375 to 425°F) until vegetables are tender and browned, about 30 minutes.

#### Mashed Root Veggies

Mashed potatoes are well-known. However, other root vegetables like parsnips, turnips and celery root are also delicious mashed - either on their own or with the more traditional potato.

#### Root Veggie Chips

Plain potato chips will seem boring after you try sweet potato chips, parsnip chips, taro chips or carrot chips.

#### Root Veggie Soup

Root vegetables add flavor, nutrition and bulk to soups and stews. When cut into bite-size pieces, most root vegetables take about 20 minutes to become tender when boiled. Root vegetables also make great bases for smooth soups. Just cook until tender, puree and add them to your favorite creamy soups.

# WHAT'S NEW & EXCITING



## ANNIE'S ORGANIC ORCHARD FRUIT BITES

New organic fruit snacks in four fun shapes and four delicious flavors – strawberry, apple, grape and cherry. Each pouch gives you 1 fruit serving. No artificial colors, flavors or preservatives.



## ALEIA'S GLUTEN-FREE STUFFING

Just in time for the holidays – gluten-free stuffing mixes. All-natural, gluten- and wheat-free. Available in a variety of flavors.



## FULL CIRCLE READY-TO-EAT BOWLS

Ready-to-eat individual bowls of quinoa, brown rice and rice. Gluten-free and no preservatives.

## Dietitian Recipe of the Month:

### MAPLE-ROASTED SWEET POTATOES

Serves 12 (about 1/2 cup each).

Active Time: 10 minutes | Total: 1 hour 10 minutes

Roasting sweet potatoes is even easier than boiling and mashing them. Maple syrup glaze transforms this ultra-simple dish into something sublime.

#### ALL YOU NEED

2 1/2 pounds sweet potatoes, peeled and cut into 1-1/2-inch pieces (about 8 cups)

1/3 cup Grand Selections 100% pure maple syrup

2 tablespoons Hy-Vee butter, melted

1 tablespoon Hy-Vee lemon juice

1/2 teaspoon salt

Freshly ground pepper to taste

#### ALL YOU DO

1. Preheat oven to 400°F.
2. Arrange sweet potatoes in an even layer in a 9-by-13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat.
3. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

To make ahead: Cover and refrigerate for up to 1 day. Just before serving, reheat at 350°F until hot, about 15 minutes.

Source: adapted from Eating Well, Inc.

Nutrition facts per serving: 92 calories; 2g fat (1g sat, 1g mono); 5mg cholesterol; 18g carbohydrate; 5g added sugars; 1g protein; 2g fiber; 119mg sodium; 294mg potassium. Nutrition bonus: Vitamin A (223% daily value), Vitamin C (20% dv). Carbohydrate Servings: 1 | Exchanges: 1 1/2 starch, 1/2 fat

## Dietitian Pick of the Month:

### RESISTANT-STARCH FLOURS

Did you know foods made with resistant-starch flours are higher in fiber and have a positive impact on blood sugars?

#### Resistant-Starch Flours

- Promote gastrointestinal balance
- Have prebiotics that may help grow good bacteria in the colon and may provide anti-cancer and anti-inflammatory properties
- Decrease insulin response and control blood sugars better than regular flours

#### Easy to Use

- Look for baking mixes made with resistant-starch or high-maize flours
- Replace 20-25% of all-purpose flour in recipes with resistant-starch flours for a healthier product
- Add resistant-starch flours to smoothies, oatmeal, mashed potatoes and casseroles for a fiber boost

