

Roasted Root Veggies



"There's something so comforting about eating roasted root vegetables in the cold winter months. These vegetables provide your body with vital nutrients to help keep you healthy. What's more, they're hearty, delicious, easy to make, and they go great with just about anything."

Deval Patrick
Governor of Massachusetts



WASH your hands with soap and water and dry them.

CLEAN the counter top with a sponge.

GATHER all your kitchen gear and ingredients and put them on the counter.

SCRUB all the fruits and vegetables and lay them out on a dishtowel to dry.

PREPARE your ingredients, which means you may have to do something before you get started with the instructions.

Feel free to add or substitute other root vegetables such as turnips or parsnips. We love pairing these with roast chicken (you can cook it at the same time!) but you can also eat them cold, by themselves, or paired with pasta or rice, and even in a frittata or omelet.

■ ADULT: YES ■ HANDS-ON TIME: 20 MINUTES ■ TOTAL TIME: 45 MINUTES ■ MAKES: 4 SERVINGS

KITCHEN GEAR

Cutting board
Sharp knife
(adult needed)
Mixing bowl
Large rimmed
baking sheet
Measuring
spoons
Large spoon or
spatula

INGREDIENTS

1 red onion, diced
2 carrots, scrubbed and
diced
2 russet potatoes or sweet
potatoes (or one of
each), scrubbed and
diced
1 tablespoon olive oil
½ teaspoon salt
¼ teaspoon black pepper

INSTRUCTIONS

1. Turn the oven on and set it to 425 degrees.
2. Put the onion, carrots, potatoes, olive oil, salt, and pepper in the bowl and mix well.
3. Dump the contents of the bowl onto the baking sheet, making sure the vegetables are in a single layer, not crowded on top of each other.
4. Carefully put the baking sheet in the oven and bake until the vegetables are deeply colored on the outside and tender inside, about 45 minutes.
5. Serve right away or cover and refrigerate up to 2 days.

Safety Tip

Get an adult's permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

DID YOU KNOW?

“**Root vegetable**” refers to the edible part of a plant that grows underground. Root vegetables are sweet because that’s where the plant stores natural sugar to use for energy.

Onions

are in the lily family, come in three main colors:

white, yellow, and red. Red onions are fun to use because they’re so pretty, but really you can use any color onion you like.



Onions don’t actually make you sad, but cutting them can produce a stinging sensation that makes your eyes tear. The stinging is produced by molecules stored within the cells of the onion, which are broken apart when you cut them and waft up as gas; your eyes tear to try to wash off the gas. To lessen the stinging, try chilling onions in the fridge before you cut them.

MEET FARMER DAVE



Dave Dumaresq, known locally as “Farmer Dave,” grew up working on the Brox Farm in Dracut, Massachusetts, learning the intricacies of traditional New England farming. Later, Dave served in the Peace Corps in Ecuador, where he taught organic agriculture and worked with local people to improve their farming methods. After returning in 1997 he leased the Brox Farm, growing a wider and wider array of fruits, vegetables and flowers. In 2006, working closely with those trying to preserve farmland for future agriculture, he purchased his own farm in Dracut, Farmer Dave’s, where he offers a wide variety of produce and CSA (community supported agriculture) farm “shares.”



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