

# Food Bytes

HEALTH & NUTRITION PROGRAM, SNAP EDUCATION



UNIVERSITY OF MINNESOTA | EXTENSION



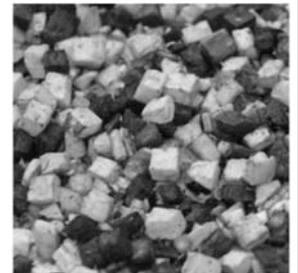
September 2017

## Why Roast Vegetables?

Roasting brings out the natural sweetness in vegetables and intensifies their natural flavor. There is an array of fall vegetables that beg to be roasted: carrots, potatoes, sweet potatoes, rutabagas, turnips, Brussels sprouts, parsnips, beets, winter squash and onions. Roasted vegetables are prepared with little fat so are low in calories.

## How to Roast Vegetables

1. Preheat oven to 400°F. Line a jellyroll pan with foil, and coat the foil with canola or olive oil cooking spray. Cut your selected vegetables into small chunks or hearty bite-sized pieces.
2. Place cut vegetables into a bowl and drizzle oil over the top (use no more than a teaspoon of oil for every cup of vegetables).
3. Sprinkle on any desired seasonings, such as rosemary or basil, parsley, marjoram, Italian, salt and pepper. Mix well.
4. Spread vegetables in a single layer on the baking sheet. Don't crowd.



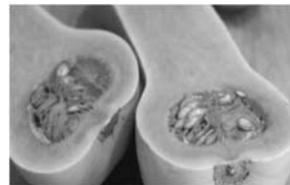
Bake for about 40 to 60 minutes. Check your roasted vegetables after 20 to 25 minutes. Turn them over with a spatula and continue roasting until veggies are lightly browned in areas and tender. Note: Different vegetables require different cooking times.

### FLUFFY MASHED POTATOES

4 large potatoes peeled and cubed	1/2 cup skim milk Salt to taste
2 Tablespoons butter or low trans- fat margarine	Ground pepper (use white pepper if you have it)

Put cubed potatoes in a large sauce pan and cover with salted water. Bring to a boil, then reduce heat to medium and cook 15-20 minutes, until tender. Drain tender potatoes and then put back in saucepan.

Add butter and stir and mash until it melts completely. Add milk and continue to stir and mash until potatoes are fluffy. Season with salt and pepper. Serve hot.



### Tips & Variations

#### FOR EXTRA NUTRITION

- Leave skins on potatoes
- Add the following cooked vegetables to the potatoes before mashing:
  - Cauliflower
  - Carrots
  - Squash
  - Rutabaga

### WINTER SQUASH

1 medium butternut or acorn squash, halved lengthwise and seeded	2 teaspoons butter  2 teaspoons brown sugar
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Preheat oven to 400°F. Place squash halves on a large baking sheet flesh side up. Place 1 teaspoon butter in the middle of each squash. Sprinkle brown sugar over each squash. Season with salt and black pepper. Roast 50 to 60 minutes, until flesh is fork-tender.



## Baking Squash



This cooking method brings out the sweetness in winter squash. Baking also helps to retain the beta-carotene content.

To prepare, cut small squash in two lengthwise. Next remove the strings and seeds with a scoop. The squash can be baked by placing the pieces (rind side down) on a foil-lined baking pan. The foil will make clean up easier and stop the juice from burning onto the pan.

Put about 1 cup of water into the pan and cover with foil. Bake in the oven at 350°F until the squash is tender. Check the tenderness by piercing the flesh with a knife or toothpick. Cooking the squash halves for about 40 to 45 minutes. Let the squash cool and remove from the skin with a spoon.

### Tip:

Squash can be tough to cut. To make it easier and safer, start by making several large slits through the skin with the tip of a sharp knife. Microwave the squash on high for approximately 3-5 minutes to soften the skin. Remove squash from the microwave and let it rest for 1 to 2 minutes, or until it's cool enough to handle.



## Getting Your Carrot-a-Day

Besides eating them raw:

- Try them roasted. Split large carrots lengthways and brush with a little oil. Put on a roasting tray in a 350°F oven for about 45 minutes and bake until tender and browned.
- Toss grated carrot with potatoes for hash browns.
- Add to sauces, white or red. Grated carrots give body and impart subtle flavor. They fit any tomato or creamy soup, sauce or casserole.
- Mix finely-ground carrots into peanut butter — new kind of crunch. If you want to make a really GOOD peanut butter and carrot sandwich, smooch in a banana.
- Add grated carrot to meat loaf and meat balls.
  - Hot and cold salad — Sauté onion, green pepper and grated or finely sliced carrots. Remove from heat and pour your preferred salad vinegar over hot veggies. While hot, add to chilled salad greens. Toss and serve.

## USDA Information Statements

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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the MN Food HelpLine at 1-888-711-1151.

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