**Roasted Root Veggies**

**Ingredients**
- 2 pounds root vegetables (carrots, parsnips, turnips, beets), peeled and cut into ½-inch pieces
- 1 medium onion, peeled and cut into ½-inch wedges

**Directions**
1. Heat oven to 400 degrees. Place root vegetables and onion in a roasting pan.
2. Toss vegetables with oil and salt to taste.
3. Roast for a total 45-50 minutes (at 30 minutes, add minced garlic), stirring every 15 minutes until the vegetables are tender and evenly browned.
4. Toss with fresh herbs or balsamic vinegar before serving.

---

**White Bean Cassoulet**

**Ingredients**
- 2-3 tablespoons olive oil
- 1 red onion, diced
- 2-3 medium carrots, peeled and sliced thin
- 3 medium parsnips, peeled and sliced thin
- 3 garlic cloves, minced
- 1 teaspoon herbs de Provence
- 1 teaspoon thyme
- ½ teaspoon sage
- Pinch caraway seeds
- 2 bay leaves
- One 14.5 oz can petite diced tomatoes
- 2 cans white beans, drained but not rinsed
- ½ cup water
- ½ teaspoon Better than Bouillon No Chicken base
- 1 tablespoon Dijon mustard
- 1 tablespoon yellow miso
- 1 ½ teaspoon flour
- ½ c dry bread crumbs

**Directions**
1. Preheat oven to 350 degrees.
2. Heat skillet with oil, sauté onions, carrots, parsnips for 10-15 minutes, add garlic and continue to sauté for another 5-10 minutes until carrots and parsnips are softened. Add Herbs de Provence, thyme, sage, bay leaves, caraway. Stir to combine. Stir in diced tomatoes and their juice, heat through.
3. Add drained white beans, stir to combine.
4. Whisk bouillon into water in a one cup container; whisk in miso and mustard, then flour.
5. Stir bouillon and flour mixture into beans and vegetables. When combined, turn out into a 4 quart, lightly oiled casserole dish. Cover and bake for 40 minutes.
6. Sprinkle bread crumbs over casserole and broil for 1-2 minutes until golden.
7. Let sit for 10 minutes before serving.
TURNIPS & RUTABAGAS, which are part of the cruciferous family, contain vitamin C and phytochemicals that work together to combat cancer, heart disease and DNA damage.

BEETS contain calcium and antioxidants, which help fight free radicals, the damaging forms of oxygen that attack the cell’s membranes.

PARSNIPS are part of the carrot family. They have a nutrient and phytochemical profile similar to other veggies in this group, and can help protect against cancer and heart disease.

CARROTS & SWEET POTATOES are rich in vitamin A and phytochemicals (found naturally in plant foods), like carotenoids. Carrots also contain a pectin fiber that has cholesterol-lowering properties.

Visit us Online!
For more healthy recipes, visit www.rochester.edu/well-u