A root vegetable is any vegetable where all or most of the part you eat grows underground. Already a carrot connoisseur? Try these non-traditional varieties for a healthy dose of fiber and slow-digesting carbohydrates.

**Parsnips**
Lightly sweet, anise-like flavor with a nutty aftertaste. Look for firm parsnips, free of soft spots.

**Rutabaga**
Earthly, buttery flavor that pairs well with dill and other herbs. Look for firm, unblemished bulbs.

**Turnips**
Grassy, mellow flavor, that pairs well with other veggies. Look for smaller turnips with firm skin.

**Celeriac**
Bright flavor that resembles celery. Look for firm bulbs, free of soft spots.

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**Take Root**
Popular root vegetables like carrots, potatoes and beets take on a succulent flavor when roasted.

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Recipes are a collaboration between Food & Nutrition Services and Well-U
Roasted Cauliflower Soup with Scallion Kimchi

**Ingredients**
- 1 medium head cauliflower
- 2 cloves garlic
- 1 large leek, white part cut in 1-inch slices
- 4 celery stalks, cut in 2-inch pieces
- 5 T olive oil, divided
- 1 onion, diced
- 3 garlic cloves, sliced
- 1 russet potato, diced
- 1 teaspoon thyme leaves
- Pinch chili flake
- 4 cups chicken stock
- 13.5 oz. can coconut milk
- Salt and pepper

**Directions**
1. Preheat oven to 400° F.
2. Toss cauliflower, leeks, and celery with 3 T oil, ½ t kosher salt and pepper.
3. Roast on a baking sheet for an hour, or until vegetables are tender.
4. In a large pot, add remaining 2 T oil over medium high heat. Add onions and garlic, cook until translucent, about 5 minutes.
5. Add roasted vegetables, potatoes, thyme, chili flake, stock, coconut milk, and 1 t salt.
6. Bring to a boil, reduce to medium low Simmer 10 minutes
7. Carefully puree the soup in a blender. Adjust seasoning to taste.
8. Finish with a drizzle of olive oil and chopped scallion kimchi.

Roasted Root Vegetables

**Ingredients**
- 2 pounds root vegetables (use potatoes, sweet potatoes, carrots, parsnips, turnips, rutabagas, beets), peeled and cut into 1-inch pieces
- 1 medium onion, peeled and cut into 1/3-inch wedges
- 1 tablespoon extra-virgin olive oil
- Salt to taste
- 1 head garlic, separated into cloves and peeled
- Chopped fresh herbs like rosemary, or balsamic vinegar (optional)
- 8 oz green beans, blanched in boiling water for 1 minute

**Directions**
1. Preheat oven to 400° F. Place root vegetables and onion in a roasting pan.
2. Toss vegetables with oil and salt to taste. Do not crowd the vegetables.
3. Roast the mixture for 45-50 minutes, stirring every 15 minutes. After 30 minutes, scatter garlic cloves in with vegetables. Continue stirring every 15 minutes until vegetables are tender and evenly browned.
4. Before serving, sprinkle with fresh chopped herbs or balsamic vinegar for additional flavor.

Kabocha Squash Lentil Curry

**Ingredients**
- 5 cups lentils, cooked
- 4-5 cups peeled, cubed kabocha squash (half of one large squash)
- 1 large yellow onion, chopped
- 1 tablespoon butter
- 1 ½ cups vegetable broth
- 1 ½ cups red lentil curry paste
- 2 teaspoons curry powder
- ½ teaspoon turmeric
- 1 teaspoon salt
- ½ teaspoon cayenne pepper
- Dash of cinnamon (optional)
- ½ cup coconut milk
- 2 large tomatoes, diced
- Greek yogurt and rice for serving

**Directions**
1. In a nonstick skillet over medium heat, saute onion in butter. Add squash and broth. Let simmer, covered, for 10 minutes or until squash is softened.
2. Transfer mixture to blender or food processor and puree until smooth.
3. Return to pan and add curry paste, curry powder, turmeric, salt, cayenne, cinnamon, and coconut milk. Stir or whisk until smooth and creamy.
4. Add lentils and tomatoes. Simmer for 10-20 minutes and serve over rice, topped with Greek yogurt.