

Winter and fall menus: share similar foods**1.) Roasted Root Vegetables**

This recipe works with any combination of root vegetables: potatoes (red, white, or sweet), carrots, beets or turnips. Or try making a large batch with a combination of all these roots!

Ingredients

- 4 **carrots**, peeled and chopped
- 2 **potatoes**, chopped
- 2 **turnips**, chopped
- 2 **onions**, chopped
- ¼ cup **cooking oil**
- ½ tsp **salt**
- ½ tsp **pepper**

Directions

- 1 Preheat oven to 425°.
- 2 Combine carrots, potatoes, turnips, and onions in a bowl. Season with salt and pepper and drizzle with cooking oil.
- 3 Spread vegetables on a roasting pan or cookie sheet with a lip (so oil doesn't spill into the oven).
- 4 Cook for 45 minutes to 1 hour, stirring the vegetables every 20 minutes to make sure those onions do not burn and so that all sides of the chopped vegetables get golden and toasty.

Remove from the oven and allow the roots to cool for a minute before serving. Try tossing the roasted roots with fresh (or dried herbs) or minced garlic for a kick of flavor.

2.) Sweet Potato Hash**Ingredients:**

- 2 tablespoons of oil
- 1 large apple, peeled and sliced into thin sticks
- 1/2 cup onion, sliced thinly
- 3 medium sweet potatoes, cut into matchsticks
- Cinnamon to taste, Salt and pepper to taste

Directions:

In a large skillet, heat 1 teaspoon of oil over medium-high heat. In a large bowl, combine apples, onion, and sweet potatoes and mix.. Spread potatoes in the pan in an even layer, press down lightly with a spatula. Cook until golden brown (about 5 minutes), flip and cook on the other side. Add cinnamon, salt and pepper to taste.

3.) Vegetable Soup

Ingredients:

- 2 tbsp. olive oil (or canola oil)
- 2 large potatoes, cubed
- 4 large carrots, sliced
- 2 medium onions, chopped
- 2 cloves garlic, chopped
- 1/2 head of cabbage, chopped
- 3 celery stalks, chopped
- 6 cups of low-fat chicken/ beef stock
- Salt and pepper *Optional to add beef or diced chicken to soup

Directions:

1. Heat the olive oil in a large pot. Add the onions and sauté over low heat for 10 minutes. Add the potatoes, carrots, cabbage, celery, garlic, salt, and pepper. Sauté for 5 more minutes. Add the chicken stock and bring to a boil.
2. Simmer (turn down the heat to a low boil) uncovered for 30 minutes or until all of the vegetables are tender. Serve.

You may also add whole grain pasta or rice during the last 15-20 minutes of cooking. Canned or dry beans or lentils would also be a wonderful addition. Feel free to add or leave out any vegetables you prefer, as this soup is extremely versatile.

4.) Garlic Chicken with Cabbage

Thaw frozen products in the refrigerator overnight. Place the frozen chicken below fresh or ready-to-eat foods in the refrigerator on a pan so chicken juices do not drip on other products. DO NOT THAW AT ROOM TEMPERATURE.

Cook within 24 hours after thawing. Cook chicken to an internal temperature of 165o F for 15 seconds. adapted from FNS/USDA Commodity Food Fact Sheet A509 Chicken, Leg Quarters

Ingredients:

- 4-5 Chicken pieces, thawed
- 1 medium onion chopped
- 3-8 garlic cloves or use garlic salt or garlic powder to your liking
- Salt and pepper to taste
- 2 cups chicken broth
- 1 head cabbage, chopped
- 2 tablespoons olive oil

Directions:

Sauté onions and garlic in 1 tablespoon oil 1-2 minutes on medium high heat. Add chicken and brown for 5 minutes per side depending on size of pieces. Then add cabbage, chicken broth, cover and cook an additional 10 minutes or until cabbage is soft. Add salt and pepper to taste.

5.) ROASTED RADISHES

INGREDIENTS

- 2 bunches medium radishes (such as red, pink, and purple; about 20)
- 1 1/2 tablespoons olive oil
- salt
- 2 tablespoons (1/4 stick) unsalted butter
- 1 teaspoon fresh lemon juice

DIRECTIONS

1. Preheat oven to 450°F. Brush large heavy-duty rimmed baking sheet with olive oil. Cut off all but 1/2 inch of green radish tops; reserve trimmed tops and rinse them well, checking for grit. Coarsely chop radish tops and set aside. Cut radishes lengthwise in half and place in medium bowl. Add 1 1/2 tablespoons olive oil and toss thoroughly to coat. Place radishes, cut side down, on prepared baking sheet; sprinkle lightly with coarse salt. Roast until radishes are crisp-tender, stirring occasionally, about 18 minutes.
2. Melt butter in a small skillet over medium-high heat. Add pinch of salt to skillet and cook until butter browns, swirling skillet frequently to keep butter solids from burning, about 3 minutes. Remove skillet from heat and stir in fresh lemon juice.
3. Transfer roasted radishes to warmed shallow serving bowl and drizzle brown butter over. Serve.

6.) Sweet Potato Fries

Ingredients

- 3 sweet potatoes
- 2-3 Tbl oil
- 1/2 tsp salt
- Black pepper to taste
- 1/2 tsp chili powder (or ground cinnamon, curry powder, ground ginger)

Directions

1. Preheat oven and baking sheet to 450 degrees.
2. Cut sweet potatoes in 1/2 inch sticks. All sticks should be about the same size. Peeling is optional.
3. Place cut potatoes in large bowl and toss with oil and spices.
4. Add potatoes to preheated baking sheet. They should sizzle as soon as they hit the pan.
5. Every 15 minutes, stir potatoes on pan. Potatoes should be done in 40-45 minutes.
6. Serve fries as a delicious, healthy side dish!

7.) Sweet Potato Pancakes

Ingredients

- 6 cups shredded sweet potatoes
- 1/3 cup flour
- 2 eggs
- 1 tsp salt
- 1/4 tsp black pepper
- 1 tsp oil

Directions

1. Place shredded sweet potatoes in a microwave safe bowl and microwave on high for 3 to 4 minutes, until softened. Let cool for 1 to 2 minutes.
2. Add eggs, flour, salt and black pepper. Mix until combined.
3. Heat oil in a large skillet over low heat. Scoop one heaping tablespoon of batter into clean hands and shape into a patty. Place on skillet and cook for 5 to 7 minutes.
4. Flip and cook for 5 to 7 more minutes, until golden brown.
5. Serve with your favorite toppings.