

Rootin' around

Vegetables provide a generous amount of nutrition-related benefits without overloading us on empty calories. We obtain water, ample amounts of fiber, cancer fighting anti-oxidants, along with loads of minerals and vitamins from vegetables. Obviously, there is a good reason we have been told since childhood to "eat our veggies."

The USDA suggests that children ages 2-8 years consume 1 to 1-1/2 cups of vegetables a day. That amount increases to 2-1/2 cups a day during the adolescent years and throughout the adult years. The My-Plate guide, found at www.choosemyplate.gov, helps to simplify this by suggesting we designate slightly more than 1/4 of our dinner plate to vegetables.

When pondering over which vegetables we would like to consume, a few handsome selections come to mind: juicy tomatoes, sweet corn or even a crispy celery stalk. These vegetables all have properties which are appealing to our senses.

But what about the knotty, often brown, selections we tend to pass over in the produce section, like parsnips, rutabagas, celeriacs (the root portion of celery often used in soups and casseroles), turnips and beets?

With the exception of carrots, these vegetables are often handled with uncertainty and possibly a look of disgust. Questions arise such as, "Where in the garden do these woody things

come from?" and "What on earth will I use them for?"

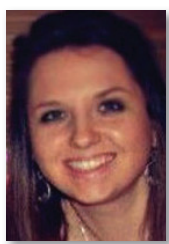
These are classified as root vegetables. Exactly as the name implies, root vegetables are the root portions of typical garden fare. They are hardy and tolerant to frigid temperatures, which make them the ideal vegetable during times we cannot access local supermarkets stocked with vegetable varieties from around the globe. Families would regularly store root vegetables in cellars to be consumed during the winter months when corn, tomatoes, green beans and other seasonal vegetables were not available for consumption.

In addition, root vegetables contain generous amounts of minerals and vitamins. One medium turnip provides 34 calories, 233 mg of potassium and 42 percent of your daily required dose of vitamin C. The high fiber content of root vegetables also curbs hunger, preventing overeating.

Nutritious benefits such as these make root vegetables a great option when considering foods to benefit health.

The present-day family is able to enjoy many different varieties of the more appealing vegetables at any point during the year. For that reason, root vegetables have been placed on the back shelves. It is time to pull them out of the shadows, season them up and enjoy all of the delicious benefits they have to offer. Give the more common vegetables a break and try out one of these delicious recipes.

CHELSEA MATHENIA



A "Peas" of Nutrition



Roasted Rutabagas

A great alternative to roasted potatoes as a side dish.

- 3 pounds rutabagas, peeled, diced (bite-sized)
- 1/2 large sweet onion, cut into wedges
- 4 medium cloves of garlic, peeled
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper

Heat oven to 400°F. Place diced rutabagas, onions wedges and garlic cloves in a large bowl. Drizzle with olive oil and toss lightly. Spread in an even single layer on a lined baking sheet. Sprinkle with salt and pepper. Roast 30-35 minutes until tender and slightly caramelized, stirring once halfway through baking time. Serves 6.

Chickpea Curry with Turnips

This dish is great on its own or served over rice.

- 2 tablespoons olive oil
- 1/2 white onion chopped
- 2 cloves of garlic minced
- 1 tablespoon ground cumin
- 2 tablespoons curry powder
- One 15-ounce can of garbanzo beans undrained
- 1/2 red bell pepper diced
- 1/2 turnip peeled and diced
- 1 cup corn kernels
- One-half 15-ounce can tomato sauce
- 1 pinch crushed red pepper flakes (optional)
- 1 pinch of salt
- 1 pinch cracked black pepper

Heat olive oil in large saucepan over medium heat. Stir in onion, garlic, cumin and curry powder; cook and stir until onion has softened and turned translucent, about 5 minutes.

Add garbanzo beans, red bell pepper, turnip, corn and tomato sauce.

Season with red pepper flakes, salt and black pepper.

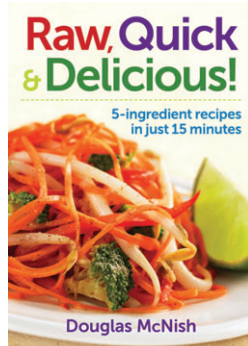
Bring to a simmer over medium-high heat, then reduce heat to medium-low, cover and simmer until vegetables are tender and curry has thickened, 1-1/2 to 2 hours.

Serves 4.

CHELSEA MATHENIA is a junior majoring in dietetics at the University of Tennessee at Martin.

COOKBOOK REVIEW

Cookbooks tout trend in raw food diets



Enter *Raw, Quick & Delicious!* (2013, www.robertrose.ca) by Douglas McNish.

Raw-food diets have become increasingly popular, however many raw food recipes require significant planning and preparation (using a dehydrator, sprouting technique, etc.).

This cookbook is packed with five-ingredient recipes, all prepared and on the table in 15 minutes or less, covering all meal courses.

Informative and easy-to-follow sections are included on equipping a raw food kitchen and pantry along with answers and tips about on this lifestyle.

Add nutrient-rich recipes to your menu like Sweet Potato Enchilada; Lime, Tomato and Avocado Chili; Angel Hair Beets and Greens; Avocado Cucumber Hand rolls; Celery Root Ravioli; and many more.

Shred-Me-Up Slaw

- 1/2 cup shredded carrot
- 1/2 cup shredded beet
- 1/2 cup finely sliced kale
- 1/4 cup shredded squash
- 3 tablespoons freshly squeezed lemon juice
- 1/2 teaspoon fine sea salt

In a bowl, toss together carrot, beet, kale and squash. Add lemon juice and salt, toss well. Set aside 10 minutes until softened. Serve immediately or transfer to airtight container and refrigerate up to 2 days. Makes 1 main course or 2 side salads.



She helps home chefs pull a family meal together in just a few minutes. Deliver Spicy Chicken Tenders to the table alongside Quick-Smoked Baked Beans and Pineapple Orange Cheesecake, and more.

Tammy Algood, food star on Nashville's ABC, CBS, NBC and Fox Affiliates, gets a thumbs up for *In a Snap!: Tasty Southern Recipes You Can Make in 5, 10, 15 or 30 Minutes* (2013, Thomas Nelson Inc.).

Lime-Salted Sweet Potato Chips

- 6 cups canola or vegetable oil
- 2 teaspoons finely grated lime zest
- 2 teaspoons salt
- 3 large sweet potatoes, peeled
- Fresh lime

Place oil in a deep, heavy skillet over medium-high heat, and attach a candy thermometer.

Meanwhile, in a small bowl, mix together lime zest and salt, and set aside.

With a vegetable peeler or mandolin, shave as many long strips as possible from sweet potatoes. When at the end, use a

sharp knife to finish slicing very thin.

When oil reaches 375°F, add some potato strips and fry in batches — 1 minute per batch. Make sure you don't overcrowd the skillet. Give potatoes enough room to freely move around. Remove with a slotted spoon, and drain on paper towels. Repeat with remaining potatoes.

Transfer cooled chips to a serving bowl, sprinkle with lime salt.

Just before serving, sprinkle with the juice of the lime.

Storage note: Leftovers should be stored in an airtight container at room temperature. Do not freeze.

Makes 6 servings.

Pickled Lime Beets and Greens

- 2-3 small to medium beets
- 1 cup finely chopped beet leaves and stems
- 1/4 cup freshly squeezed lime juice
- 1 tablespoon granulated sugar
- 1/2 teaspoon kosher or coarse sea salt
- 1/8 teaspoon freshly ground black pepper

Place beets in prepared dish, cover and roast in preheated oven 45-60 minutes, until tender but firm. Set aside until cool enough to handle. Using a chef's knife, trim, peel and cut beets into 1/2-inch cubes. Transfer to a heat-proof bowl. Scatter beet leaves and stems over top.

In a small saucepan over medium heat, combine lime juice, sugar, salt and pep-

per. Bring to a full boil, stirring occasionally. Immediately pour mixture over beets and greens; stir to coat evenly.

Transfer to an airtight container, cover and refrigerate overnight to allow beets to pickle before serving.

Makes 1-3/4 cups.

Tips: Choose smaller beets when possible, they're less fibrous and take less time to cook. To avoid staining your hands, use gloves when handling beets. When roasting or boiling beets, it's simplest to leave the skin on and give them a good scrub before cooking. After cooking, skins should slip right off. When cooking beets whole, leave the rat-tail root (tap root) and 1/2 inch of stem attached. This reduces loss of nutrients and leakage of color.

RECIPE ROUNDUP



Gluten & Dairy-free Sweet Potato Sundaes

FROM CAROL KICINSKI, WWW.SIMPLYGLUTEN-FREE.COM

- Sweet Potato Ice Cream:**
- 2 medium sweet potatoes
- One 14-ounce can full fat coconut milk, chilled
- 1/3 cup raw blue agave
- 1 tablespoon pure vanilla extract
- 1/8 teaspoon kosher salt

- Cinnamon Marshmallow Fluff:**
- 3 tablespoons cold water
- 1 packet unflavored gelatin
- 1/2 cup cinnamon flavored agave
- 1/2 cup chopped walnuts

Ice cream: Cook sweet potatoes until soft either by roasting in a 400°F oven for 45 minutes or in the microwave for 7-8 minutes. Let cool.

Scoop out the flesh and put them in a blender with cold coconut milk, agave, vanilla and salt.

Blend until smooth. Pour mixture into an ice cream maker and process per manufacturer's directions. Put ice cream in a covered container in the freezer until firm, at least 1/2 hour.

Fluff: Combine water and gelatin in a small bowl and microwave 30 seconds. Put in mixer with the agave. Turn mixer on low to combine, then increase speed to high and beat 15 minutes.

Fluff can be stored in a covered glass jar in the refrigerator for up to a week.

Serve ice cream topped with marshmallow fluff and chopped walnuts.

Serves 6.

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