



Check'em out! Veggie challenge for your whole family

It's easy to get into a rut with the foods we eat. Challenge your family to discover new vegetables this season. Below are some ideas to get you started. For more inspiration visit us online, where you can find recipe ideas and leave a comment to let us know how your veggie challenge is going.

Beets

Bok choy

Chard

Dandelion greens

Eggplant

Kale

Kohlrabi

*Leeks**

Okra

*Parsnip**

*Rutabaga**

Tomatillo

**Available in late summer*

CONNECT WITH US



mayoclinichealthsystem.org/hometown-health

Baby Beets and Carrots with Dill

- 1 lb. red and yellow baby beets, about 1 ½ inches in diameter
- ½ lb. baby carrots, peeled
- 2 teaspoons butter
- 1 tablespoon extra-virgin olive oil
- 1 ½ teaspoons fresh lemon juice
- 2 teaspoons chopped fresh dill, plus sprigs for garnish

If the beet greens are still attached, cut them off, leaving about 1 inch of the stem intact. In a large pot fitted with a steamer basket, bring 1 inch water to a boil. Add the unpeeled beets, cover, and steam until tender, 20-25 minutes. Remove from the pot and cut into quarters. Set aside and keep warm.

Check the pot, add water to a depth of 1 inch if necessary, and return to a boil. Add the baby carrots, cover, and steam until tender, 5-7 minutes. (If the carrots are varied sizes, cut the larger ones into halves and thirds for even cooking.) Remove from the pot.

In a large bowl, toss the carrots with the butter, olive oil, lemon juice, and chopped dill. Add the beets, toss gently to combine, and transfer to a serving dish. Serve immediately, garnished with the dill sprigs.

Roasted Root Vegetables with Cumin and Coriander

- ½ lb. sweet potatoes, peeled and cut into 1-inch pieces
- ½ lb. parsnips, peeled and cut into 1-inch pieces
- ½ lb. rutabagas, peeled and cut into 1-inch pieces
- ½ lb. turnips, peeled and cut into 1-inch pieces
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 tablespoons chopped fresh cilantro (fresh coriander)

Position a rack in the lower third of the oven and preheat to 400°F (200°C).

In a large bowl, combine the vegetables, olive oil, cumin, ground coriander, and salt. Toss well to coat. Arrange the vegetables in a single layer on a large baking sheet.

Roast, stirring or shaking the vegetables every 15 minutes, until tender and evenly browned, about 45 minutes. Sprinkle with the pepper; taste and adjust the seasoning.

Transfer to a serving dish and sprinkle with the cilantro. Serve hot or at room temperature.

Word Search

| | |
|------------------|-------------------------------|
| Beets | D A P I D G O K R A U A Y L V |
| Bok Choy | S A I B H M N B W S I N R I S |
| Chard | G Y N O V C F Y K O G Q B M A |
| Dandelion Greens | D R S D E N P E G C H A R D N |
| Eggplant | R X R I E L E H Q K R S V N B |
| Kale | U Q A K Q L M A P L S N G E O |
| Kohlrabi | T O P V G D I X H R O A N I K |
| Leeks | A A J B T M T O S J Y N A L C |
| Okra | B I N V O D K L N V E K A N H |
| Parsnip | A M A Q M C S I B G C P Q M O |
| Rutabaga | G G W K A L E V G X R A V G Y |
| Tomatillo | A V I H T Y V A C B E E T S O |
| | S V X U I L V C R S T U E K N |
| | I S N D L Q Y E G G P L A N T |
| | O A K Y L A N B R S M U V Y S |
| | L M G B O N M G M V C I L N X |