



## Festive and Healthy – Winter Produce Rocks!

Eating nourishing foods during the holidays may seem like a challenge at times, but with the bounty of autumn and winter produce, it's easier than you might imagine. Whether baked, roasted, mashed, or eaten raw, there are many easy – and delicious – ways to enjoy this season's fruits and vegetables. If one of your New Year's resolutions is to eat more fruits and vegetables, these ideas will set you up for success!

### Vegetables

#### Method: Roasting

Roasting vegetables at a high temperature brings out their caramelized sweetness, transforming them into a delectable side dish that is worthy to grace your holiday table. While roasting takes a few minutes extra, it's easy to plan ahead and make a big batch so you can enjoy your vegetables this way any night of the week. Try these:

- Beets
- Brussels sprouts
- Carrots
- Onions and leeks
- Parsnips
- Potatoes, sweet potatoes and yams
- Rutabagas
- Turnips
- Winter squash

#### Preparation:

For 4 servings. In a large bowl, add two pounds of evenly-chopped vegetables of your choice, toss lightly with olive oil, salt and pepper, and add any dried herbs and spices you like; such as thyme, rosemary, oregano, red pepper flakes or cumin.

Place veggies on a baking sheet in a single layer, trying not to overlap the vegetables. Roast in a preheated 450°F oven for approximately 35-40 minutes; stirring every 15 minutes to ensure even browning.

#### Method: Mashed

In addition to the perennial favorite, mashed potatoes, these root vegetables are equally up to the task:

- Carrots
- Parsnips
- Rutabagas
- Sweet potatoes or yams

#### Preparation:

For 4 servings. Place two pounds of chopped vegetables (a single choice, or a mix!) into a large pot and fill with cool water to cover; season with a teaspoon of salt. Bring to boil, lower heat and simmer for 20-30 minutes, until very tender.

Drain, and put softened vegetables into a large bowl and mash. Stir in  $\frac{1}{4}$  cup olive oil, mixing until the liquid is absorbed, add salt and pepper to taste. Serve immediately.





## Fruits

### Method: Baked

Pears and apples are delicious in pies, scones and muffins, but they (and in-season citrus fruits) are also delicious baked on their own, sprinkled with spices and drizzled with honey.

- Apples
- Oranges
- Grapefruit
- Pears

Preparation: Slice fruit\* and mix lightly with a fruity-tasting olive oil, a pinch of salt, spices of your choice and place on a baking sheet; drizzle with honey. Bake for 15-20 minutes in a preheated 350°F oven.

*\*If using citrus fruit, remove the rind, break into segments, then mix with other ingredients.*

## Fruits and Vegetables

### Method: Raw

And of course, you can enjoy your fruits and vegetables – sliced, chopped or shredded - raw in salads. You can mix things up a bit by adding your favorite winter fruit to a green salad; top a salad with citrus slices to add a touch of brightness. Leftover roasted veggies can be added to your salads, too!

Try these veggies in your next salad:

- Beets
- Cabbage
- Carrots
- Celery

Mix together for a fruit salad, or add to a green salad:

- Apples
- Bananas
- Grapefruit
- Oranges
- Pears

