



WellBeingMD's Mindful Kitchen



Steam-Roasted Root Vegetables

with Maple, Sriracha, and Thyme

Adapted from Fine Cooking **Serves:** 4-6

This cooking technique can be applied to any combination of root vegetables. The combination of steam and then roasting will deliver tender on the inside and golden-brown crispness on the outside for your favorite vegetables.

Ingredients:

- 1 lb. medium **carrots**, cut into 2-inch lengths, halved lengthwise if thick
- 12 oz. small **turnips**, peeled and cut into 1/2-inch-thick wedges
- 3 large cloves **garlic**, unpeeled and lightly smashed
- 3 Tbs. **olive oil**
- Kosher salt and freshly ground **black pepper**
- 2 Tbs. pure **maple syrup**
- 1 tsp. **Sriracha**
- 1/2 tsp. finely chopped fresh **thyme**

Directions:

1. Position a rack in the center of the oven and heat the oven to 425°F. Line a large-rimmed baking sheet with parchment.
2. Toss the carrots, turnips, garlic, oil, 1/2 tsp. salt, and a few grinds of pepper on the baking sheet. Spread in a single layer, cover tightly with foil, and transfer to the oven to steam for 15 minutes.
3. Meanwhile, combine the maple syrup and Sriracha in a small bowl.
4. Carefully remove the foil, rotate the baking sheet, and drizzle the vegetables with the maple mixture. Continue roasting, turning once halfway through, until tender and browned, 25 to 30 minutes more.
5. Discard the garlic cloves. Sprinkle the vegetables with the thyme, season to taste with salt and pepper, and serve.



Root vegetables are exactly what the name implies – they are the root of the plant. The most common root vegetables have become **family staples**: potatoes, sweet potatoes, **carrots**, onions, beets, and radishes. Some are **treasured spices**: **garlic**, ginger, horseradish, and turmeric. And then there are the more **adventurous root vegetables** that you may or may not have cooked or eaten: daikon radishes, **turnips**, parsnips, rutabagas, Jerusalem artichokes, celeriac, kohlrabi, yucca, jicama, maca root, and more. **Due to their ability to absorb vitamins and minerals from the ground, root vegetables grown in rich soil are full of nutrients and are an excellent source of fiber.** Many are high in vitamin C, B vitamins, and vitamin A. Many are antioxidants. Several have remarkable healing properties. Unfortunately, **root vegetables absorb toxins from the ground as well, making organic the best choice.** In choosing the best root vegetables, all should be firm, never soft, and blemish free. If the tops are still attached, you want to choose fresh leaves, not only as a means to choose the freshest vegetables, but the tops of many root vegetables are eaten as well as the root. In the past, we stored root vegetables in the root cellar, a dark, cool, humid space. If you choose to store any root vegetables in the refrigerator, cover and seal them in plastic or paper and place them in a drawer or they will soon become soft. (Do not refrigerate regular onions or potatoes.)

WellBeingMD® - Center for Life

Home of "The Mindful Kitchen"

11950 S. Harlem Avenue - Palos Heights, IL 60463 - 708.448.9450

WellBeingMD.com