

Culinary Outlook

Root vegetables add healthy flavor



AILEEN CLAIRE

By Aileen Claire
NEA Food Editor

Root vegetables — turnips, rutabagas and parsnips, for example — used to be more popular. When most families had cellars, these then home-grown, hearty veggies were tucked away during the fall-winter harvest.

They're at their peak now in supermarkets and at outdoor stands.

Other healthful root vegetables — such as carrots and beets — are available year round. Also, the jicama, a

part of a Central American diet, has been a favorite for years among Californians.



CARROTS, potatoes and cheese add to a hearty vegetable chili.

Aside from the fact that root vegetables lend a variety of flavors to a meal, they contain essential dietary fiber, vitamin A and vitamin C.

Kohlrabi, rutabagas and turnips and their greens, which also are tasty when cooked, fall into the category of the cabbage family. Eating daily portions of these vegetables may help prevent cancer, according to reports.

Scientific studies also indicate that beta carotene, the form of vitamin A found in dark-yellow, orange and leafy green vegetables, may be protective against cancers of the lung, bladder and larynx.

Root vegetables are good as main dishes, side dishes and in salads. Take advantage of these while they are at their peak.

When shopping for turnips, look for those that are firm and unblemished, and pick the smallest ones possible. Rutabagas are coarse, large and purplish. Select smooth, firm, medium-sized ones for best flavor.

The parsnip resembles a long white carrot — again, small to medium ones are best. Avoid parsnips with brown patches, or those that are pliable and wrinkled.

The jicama looks like an overgrown turnip or potato. It's brown, but the juicy, sweet flesh beneath the skin is white, much like a radish.

FRESH GARDEN VEGETABLE CHILI

(Microwave method)

- 1 medium zucchini, shredded
- 1 medium carrot, shredded
- 1 medium onion, finely chopped
- 1 medium green pepper, chopped
- 2 cans (14 ounces each) stewed tomatoes, coarsely chopped
- 1 can (8 ounces) tomato sauce
- 1 cup hot water
- 1 can (18 ounces) kidney beans or chickpeas, drained
- 1 envelope (1.25 ounces) chili seasoning mix

Add onion mixture to turnips with salt, pepper and tarragon. Beat in egg yolks.

Beat egg whites until stiff but not dry. Fold into turnip mixture. Turn

BEETS WITH ORANGE SAUCE

- 6 fresh beets, cooked, peeled, sliced in julienne strips
- 1 tablespoon cornstarch
- 2 tablespoons water
- 3 tablespoons grated orange rind
- 1/4 teaspoon salt
- 3 tablespoons lemon juice
- 1/4 cup orange juice
- 1/4 cup butter

Blend cornstarch and water in medium saucepan. Add remaining ingredients, except beets. Bring to boiling point and cook, stirring constantly, until thick and smooth. Add beets and heat through. This kitchen-tested recipe makes 6 servings.

and green onions. In small bowl mix remaining ingredients, including orange juice, and pour over jicama mixture. Toss. Cover and chill until ready to serve. Spoon onto lettuce leaves and sprinkle with extra lime juice, if desired. This kitchen-tested recipe makes 6 servings.

- 1 box (8 ounces) Idaho hash brown potatoes
- 1 cup shredded Cheddar or jalapeno pepper cheese
- chopped green onion

In 3-quart microwave-safe casserole, combine zucchini, carrot, onion and green pepper. Cover loosely with plastic wrap; cook on High 4 to 6 minutes, stirring once. Stir in tomatoes, tomato sauce, water, kidney beans, chili mix and potatoes. Re-cover; cook on High 10 to 12 minutes or until potatoes are tender, stirring once. Top with cheese and green onions. Re-cover; let stand 5 minutes or until cheese is melted. This kitchen-tested recipe makes 4 to 6 servings.

MIXED VEGETABLE PUREE

- 4 cups Idaho potatoes, pared, cut in chunks
- 2 cups turnips or rutabagas, pared, cut in chunks
- 2 cups carrots, cut in 1-inch pieces
- 1/4 cup butter or margarine
- 1 egg, beaten
- 1/4 cup chopped chives
- 1 teaspoon salt
- 1/4 teaspoon pepper

In large saucepan, cook potatoes and turnips in 1-inch boiling, salted water 5 minutes. Add carrots; cover and cook 20 minutes longer or until vegetables are tender. Drain. Puree vegetables in food processor, electric blender or through a food mill. Return to saucepan. Add butter, egg, chives, salt and pepper; mix well. Heat through. This kitchen-tested recipe makes 6 to 8 servings.

ipe makes 4 to 6 servings.

JICAMA-ORANGE SALAD

- 2 pounds jicama
- 1 large orange, or 4 clementines
- 2 fresh green onions, chopped
- 1/2 cup corn oil
- 2 tablespoons fresh lime juice
- 1 teaspoon minced parsley
- 3 drops hot pepper sauce
- 1/4 teaspoon salt
- dash pepper
- romaine or bibb lettuce leaves

Peel jicama and cut into julienne strips or thin rounds. Peel and section orange over small bowl to catch juice. In medium bowl, mix jicama, orange

MY GENERATION

"Fashions For The Young At Heart"

115 MAIN ST. S., GEORGETOWN
Across from Knox Church 873-2851

MAID SERVICE? WHO'S BEST?

For "FREE" Estimates
CALL 873-2165

CRITERION CARPET & RUG CO. LTD. SAVINGS ALL YEAR LONG!

SALES—SERVICE INSTALLATIONS
CARPET—VINYL TILE

126 GUELPH ST.
Georgetown, Ont.
L7G 4A5

(416) 877-1012
(416) 454-4780

Tangy cranberries zip up recipes



AILEEN CLAIRE

CRANBERRY BACON MUFFINS

- 1 1/2 cups fresh or frozen cranberries, coarsely chopped
- 1/4 cup sugar
- 2 cups plus 2 teaspoons sifted flour
- 1 tablespoon baking powder
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 1 egg, beaten
- 1 cup milk
- 2 tablespoons vegetable oil
- 2 tablespoons bacon drippings
- 1/4 cup cooked minced crisp bacon

Preheat oven to 425 degrees. In small bowl, combine cranberries and 1/4 cup sugar, set aside. In large bowl sift together dry ingredients. Add beaten egg, milk, vegetable oil and bacon drippings just until dry ingredients are moistened. Add bacon bits and cranberries just until mixed. Spoon batter evenly into paper-lined medium-size muffin pans. Bake in oven for 25 minutes or until a wooden pick comes out clean. This kitchen-tested recipe makes 16 medium muffins.

CRANBERRY OATMEAL MUFFINS

- 1 1/2 cups fresh or frozen cranberries, coarsely chopped
- 1/4 cup sugar
- 1 cup rolled oats
- 1 cup buttermilk
- 1/2 cup vegetable shortening
- 1/2 cup firmly packed light brown sugar
- 1 egg
- 1 cup sifted flour
- 1 teaspoon baking powder
- 1 teaspoon salt

In small bowl, combine cranberries and 1/4 cup sugar; set aside. In another bowl, combine oats and buttermilk; let stand 1 hour. In a large mixing bowl, combine shortening, brown sugar and egg until well-blended. In a medium mixing bowl, sift together flour, baking powder, baking soda and salt; stir into shortening mixture alternately with oat/buttermilk mixture until just moistened. Blend in cranberries.

Preheat oven to 400 degrees. Spoon batter evenly into paper-lined medium-size muffin pans. Bake in oven for 25 minutes or until wooden pick inserted comes out clean. This kitchen-tested recipe makes 12 medium or 30 small muffins.

CRANBERRY WHOLE-WHEAT MUFFINS

- 1 1/2 cups fresh or frozen cranberries, coarsely chopped
- 1/4 cup sugar
- 1 egg
- 1 cup milk
- 1/4 cup vegetable oil
- 1 cup sifted all-purpose flour
- 1 cup whole-wheat flour
- 1/4 cup sugar
- 2 teaspoons baking powder
- 1 teaspoon salt

Preheat oven to 400 degrees. In small bowl, combine cranberries and 1/4 cup sugar; set aside. In large bowl, beat egg slightly with a fork; stir in milk and oil until well-blended. Stir in all-purpose flour, whole-wheat flour, sugar, baking powder and salt just until moistened. Blend in cranberries. Spoon evenly into paper-lined medium-size muffin pans. Bake in oven for 25 minutes or until wooden pick inserted inside comes out clean. This kitchen-tested recipe makes 12 medium or 30 small muffins.

WIGO APPLIANCES

• SALE OF APPLIANCES AND PARTS •

Air Conditioner Tune-ups!!
Free In-Store Microwave Leak Detection and Heat Test

Authorized Maytag Dealer
Service and Installation

130 GUELPH STREET GEORGETOWN, ONTARIO
PHONE 877-3376
840-4792

UNDER NEW OWNERSHIP & MANAGEMENT
Gini & Wanda are available for your complete hair service

NOVEMBER STREAK SPECIAL
SAVE \$15.00
Reg. \$45.00
On This Month \$30.00

TINTS - SAVE \$10.00
Reg. \$30 - On This Month \$20

235 GUELPH ST. (BESIDE BURGER KING)
877-7917

GEORGETOWN SPA & FITNESS CENTRE
"EXCLUSIVELY YOURS"
877-1924