# Culinary Outlook

## Root vegetables add healthy flavor



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 homegrown, hearty veggies were tucked away during the fall-winter harvest.

markets and at outdoor stands. Other healthful root vegetables such as carrots and beets - are avail-

able year round. Also, the jicama, a

part of a Central American diet, has

been a favorite for years among

Aside from the fact that root vege-

Kohlrabi, rutabagas and turnips

tables lend a variety of flavors to a

meal, they contain essential dietary

and their greens, which also are tasty

when cooked, fall into the category of

the cabbage family. Eating daily por-

tions of these vegetables may help

prevent cancer, according to reports.

beta carotene, the form of vitamin A

found in dark-yellow, orange and

leafy green vegetables, may be pro-

tective against cancers of the lung,

Root vegetables are good as main

When shopping for turnips, look for

dishes, side dishes and in salads. Take

advantage of these while they are at

those that are firm and unblemished.

and pick the smallest ones possible.

Rutabagas are coarse, large and pur-

plish. Select smooth, firm, medium-

carrot - again, small to medium

ones are best. Avoid parsnips with

brown patches, or those that are pli-

turnip or potato. It's brown, but the

juicy, sweet flesh beneath the skin is

FRESH GARDEN VEGETABLE

CHILI

(Microwave method)

medium zucchini, shredded-

medium onlon, finely chopped

cans (14 ounces each) slewed

medium carrot, shredded

medium green pepper,

The jicama looks like an overgrown

The parsnip resembles a long white

sized ones for best flavor.

white, much like a radish.

chopped

able and wrinkled.

bladder and larynx.

their peak.

Scientific studies also indicate that

fiber, vitamin A and vitamin C.

Californians.

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

They're at their peak now in super-

into a greased 11/2-quart baking dish. Bake in 375-degree oven 50 minutes or until mixture puffs and is lightly browned. This kitchen-tested recipe makes 6 servings.

#### **BEETS WITH ORANGE SAUCE**

fresh beets, cooked, peeled, eliced in julienne strips tablespoon cornstarch tablespoons water tablespoons grated orange

rind teaspoon salt tablespoons lemon juice

cup orange juice

cup butter

ipe makes 4 to 6 servings.

pounds jicama

cup corn oil

teaspoon salt

dash pepper

JICAMA-ORANGE SALAD

peeled and sectioned

large orange, or 4 clementines

fresh green onlone, chopped

tablespoons fresh lime juice

romaine or bibb letiuce leaves

teaspoon minced pareley

drops hot pepper sauce

orange over small bowl to catch juice.

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At Heart"

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 rec-

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.

box (6 ounces) Idaho hash brown potatoes

cup shredded Cheddar or jalapeno pepper cheese chopped green onlon

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. Recover, let stand 5 minutes or until cheese is melted. This kitchen-tested recipe makes 4 to 6 servings.

#### **MIXED VEGETABLE PUREE**

cups idaho potatoes, pared, cut in chunks

cups turnips or rutabagas, pared, cut in chunks cups carrots, cut in 1-inch pieces

cup butter or margarine egg, beaten cup chopped chives

teaspoon salt teaspoon pepper

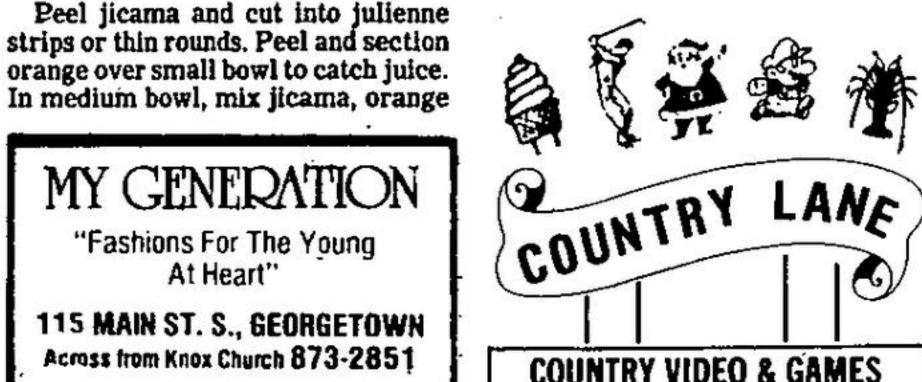
In large saucepan, cook potatoes and turnips in 1-inch boiling, salted water 5 minutes. Add carrots; cover and cook 20 minutes longer or until vegetables are tender. Drain. Puree vegetables in food processor, electric blender or through a food mill. Return to saucepan. Add butter, egg, chives, salt and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



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## Tangy cranberries zip up recipes



#### CRANBERRY BACON MUFFINS

cups fresh or frozen

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

Preheat oven to 425 degrees. In 11/2 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 kitchentested recipe makes 16 medium muffins.

#### **CRANBERRY OATMEAL MUFFINS**

11/2 cups fresh or frozen cranberries, coarsely chopped cup sugar cup rolled oats cup buttermilk cup vegetable shortening cup firmly packed light brown eugar **0**00 cup sifted flour teaspoon baking powder

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 kitchentested recipe makes 12 medium or 30 small muffins.

#### CRANBERRY WHOLE-WHEAT **MUFFINS**

cups fresh or frozen cranberries, coarsely chopped cup augar **●**gg cup milk cup vegetable oil cup sifted all-purpose flour cup whole-wheat flour cup sugar teaspoons baking powder 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.



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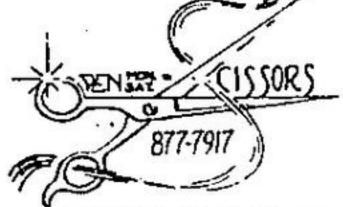
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tomatoes, coarsely chopped can (8 ounces) tomato sauce cup hot water can (16 ounces) kidney beans or chickpeas, drained envelope (1.25 ounces) chili sessoning mix Add onion mixture to turnips with

salt, pepper and tarragon. Beat in egg volks.

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

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