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Hello, November! We're seeing lots of root vegetables at the market right now, and you probably are too. Potatoes, sweet potatoes, carrots, turnips, parsnips, beets, celery root, rutabagas, and more! We think of them as the underground wonders of the vegetable world: They're sweet and nutritious, they're relatively inexpensive, and you can eat them many different ways—mashed, boiled, baked, and even raw in salads. That said, roasting them is our very favorite cooking method, since it really makes the most of the sweetness of the roots. Plus, a platter of roasted vegetables makes a great everyday side dish or a perfect part of a holiday feast. Try it and see!



Roasted Root Vegetables

We think of this as a real fall-into-winter dish, when root vegetables are abundant and we don't mind turning on the oven for an hour. Feel free to add or substitute other root vegetables such as turnips, parsnips, rutabagas, or even radishes.

Hands-on Time: 20 minutes • Total Time: 1 hour • Makes: 4 servings

KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Measuring spoons
- Large bowl
- Large spoon or spatula
- Rimmed baking sheet

INGREDIENTS

- 1 red onion, peeled and diced
- 2 carrots, scrubbed and diced
- 2 russet potatoes or sweet potatoes (or one of each), scrubbed and diced
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

INSTRUCTIONS

1. Turn the oven on and set the heat to 425 degrees.
 2. Put the onion, carrots, potatoes, olive oil, salt, and pepper in the bowl and mix well.
 3. Dump the contents of the bowl onto the baking sheet, making sure the vegetables are in a single layer and not crowded on top of each other.
 4. Once the oven temperature has reached 425 degrees, put the baking sheet in the oven and bake until the vegetables are deeply colored on the outside and tender inside, about 40 minutes.
 5. Serve right away, or cover and refrigerate up to 2 days.
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Grow a sweet potato vine

Did you know that each sweet potato holds a secret? Set the bottom half of it in water, and the potato will sprout a vine. In the old days, people kept sweet potato vines as houseplants, and you can too. They're lush and pretty and really fun to grow.

WHAT YOU NEED

- A firm sweet potato (If you can find an organic sweet potato, it is more likely to sprout because it hasn't been sprayed to stop it from sprouting, but regular sweet potatoes will work too.)
- 3 toothpicks
- A jar or glass with an opening that is a little bigger than your potato
- A warm, sunny windowsill
- Fresh water

INSTRUCTIONS

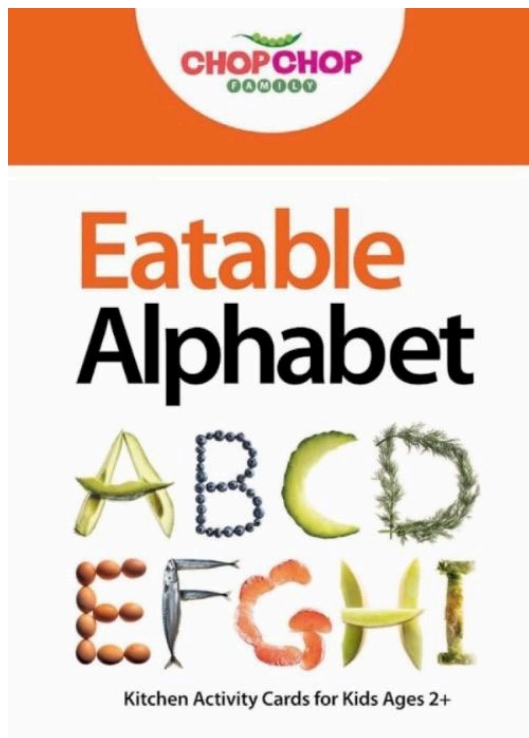
1. Look for the middle of the sweet potato and stick all 3 toothpicks about 1½ inches into the potato. The toothpicks should be evenly spaced around the middle of the potato. You may need the help of your adult because it can be a little tricky to stick the toothpicks in.
2. Once you have 3 toothpicks sticking out of the sweet potato, rest them on the edge of the jar or glass with the pointy end of the potato facing down into the jar.
3. Fill the jar or glass with enough water to cover the bottom third of the sweet potato.
4. Put the jar or glass on a sunny windowsill and change the water every couple of days.

5. Wait patiently. It may take a few weeks or even a month before you see sprouts, but once the sprouts show up, they grow pretty fast. You can have fun measuring how much they grow every day!

Want more?

Want to eat more root vegetables this month? Try these recipes!

- [Beet and Carrot Slaw Wraps](#)
- [Beets with Vinaigrette](#)
- [Sweet Potato Fries](#)
- [Carrot Salad](#)



Children will love eating healthy food if they can help make it. Here's a perfect first cookbook to show even the littlest chefs how to make their own good-for-you snacks. 10 recipes

Developed by ChopChop Family in collaboration with the American Academy of Pediatrics, and with funding from the CDC, **Eatable Alphabet™** teaches toddlers that cooking real food is fun. [Order it here.](#)

with photos use only 2 or 3 ingredients. See how to make cucumber and cheese sandwiches, mashed banana waffles, nut butter rice cakes, and more. [Order it here.](#)



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