Winter Vegetables

1. One of the most important changes you can make to eat more healthfully is to eat more vegetables and fruits. The daily goal is 2 ½ cups of vegetables and 2 cups of fruit. One way to eat more is to make half of your dinner plate vegetables such as a salad and cooked vegetable or just cooked vegetables. (End your dinner with a serving of fresh fruit.)

2. Eating vegetables in season makes eating vegetables more interesting. Summer vegetables are different than those grown in the winter. Eating summer and winter vegetables over the year will help you eat a wider variety of vegetables.

3. One of my favorite ways to eat winter vegetables is to roast them. When you roast them to the browned stage, their flavors are milder and more toned-down according to Ellyn Satter, RD, in Secrets of Feeding a Healthy Family. Browning occurs as a result of the maillard reaction, a chemical reaction between protein and sugar in the presence of moderate heat. You can roast vegetables to a texture and degree of browning that you want. It is easier to use a 350 to 375 degree oven for roasting, but if you decide to roast the vegetables at 400 degrees, you will need to watch them carefully so that they do not burn or get overly done.

4. What favorite vegetables do you like to roast and how do you do it? What other methods do you cook winter vegetables?

5. See handouts on Winter Vegetables and 10 Ways to Use Root Vegetables

6. What are the nutritional advantages of winter vegetables? The disadvantages?

7. How will you add more winter vegetables to your daily eating? (The more specific you can be, the more likely you are to make this change).

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