

TURKNIP

wash well
 cut off greens and roots
 cut into wedges
 place on baking sheet or dish
 drizzle with oil
 bake at 450 for 30 minutes
 toss halfway through baking

SQUASH

cut in half lengthwise
 scoop seeds
 remove seeds from flesh
 place cut side up on baking dish or sheet
 spread seeds on baking sheet
 drizzle with oil
 drizzle with oil
 bake at 400 for 50 minutes
 reduce heat to 350 and bake seeds for 10 minutes
 remove squash
 eat mashed, cubed, or as is (spaghetti squash: scoop with a fork)
 enjoy as a snack

LOVE YOUR VEGGIES

each page will guide you through a simple and tasty way to prepare each veggie

this key indicates the other ways that vegetable can be prepared:

- oven = roast or bake
- stove = saute
- microwave = microwave
- pot = steam or boil
- fork = eat raw

feel free to experiment! - what flavors would work well with this vegetable?
 - a pinch of salt
 - pepper
 - herbs
 - lemon
 - cheese
 - garlic
 - onion
 - cinnamon
 - paprika
 - curry
 - what can I add this vegetable to?
 - omelette
 - pizza (frozen or homemade)
 - pasta
 - oatmeal or grits
 - rice
 - quinoa
 - mac and cheese
 - ramen
 - a can of soup
 - meat
 - sandwich
 - salad
 - smoothie
 - a knife

CARRROT

wash well
 chop into bite-sized pieces
 place on baking sheet or dish
 drizzle with oil
 bake at 400 for 30 minutes
 toss halfway through baking

WINTER VEGGIES

a no-recipe, two ingredient guide to preparing winter vegetables

by abbie castriotta

BEEET

wash well
 cut off stems and leaves
 bring a pot of water to a boil
 boil beets for about 30 minutes (until tender)
 optional: rub off skin under cool water
 saute greens following kale method

CABBAGE

cut cabbage in half down through the core
 place cut side down and cut into strips
 discard core
 heat oil in a pan over medium heat
 add cabbage
 cook cabbage for about 10 minutes
 stir occasionally

KALE

wash well
 chop into bite-sized pieces
 heat oil in a pan over medium heat
 add chopped kale
 cook for about 5 minutes
 stir occasionally