

Root Vegetables

Roots are some of the most nutrient-dense vegetables in the world! Root vegetables include Yams, Beets, Parsnips, Turnips, Rutabagas, Carrots, Yuca, Kohlrabi, Onions, Garlic, Celery root (or celeriac), Horseradish, Daikon, Turmeric, Jicama, Jerusalem Artichokes, Radishes, Ginger.

Root vegetables are packed with a high concentration of antioxidants, Vitamins A, B, C, and iron, helping to cleanse your system. They are also filled with slow-burning carbohydrates and fiber, which make you feel full, and help regulate your blood sugar and digestive system. Root Vegetables are disease-fighting, immunity and energy-boosting, and are also extremely versatile in cooking.

Choices:

Sweet Potatoes & Yams - Great mashed, pureed and made into soup, roasted, and baked into muffins, cookies, pancakes and so much more. They can be used both in sweet and savory applications and are very well-matched with coconut milk, honey, maple syrup, cinnamon, ginger, pecans, cashews, walnuts, raisins, and curry powder.

Beets - Touted as a superfood - they're full of beta-carotene and betalains, which are antioxidants and anti-inflammatory. Beets have an earthy, sweet flavor, and are best when roasted, steamed, or left raw and shredded. Golden beets are typically slightly sweeter than red beets. Goat cheese, walnuts, ground cumin, cinnamon, and tahini are excellent compliments for beets.

Parsnips - Parsnips have a cinnamon-y flavor and resemble large white carrots. They are harder than carrots and have a deeper, warm flavor. Parsnips can be used in soups, pureed into a mash, or sliced thinly for a parsnip gratin. They are complimented by nutmeg, cream, and thyme.

Turnips - While turnips are versatile, they are very subtle in flavor, which makes them great for pairing with more strongly flavored vegetables. They are great roasted, sautéed, or included in a vegetable stir fry. You can also combine turnips with herbs, or use them in tomato-based chunky soups or creamy pureed soups.

Rutabagas - Similar to turnips, rutabagas are subtle in flavor. They are harder than turnips and taste a bit earthier. Best when pureed or roasted, rutabagas go well with herbs, particularly dill, as well as lime and Indian spices.

Carrots - Crisp and sweet, carrots are perhaps the most popular root vegetable. They match well with just about any vegetable in both cooked and raw applications and can be paired with any spice or herb.

Yuca Root - Starchy and subtle in flavor, yuca is often used the same way in cooking as potatoes. It is best when roasted, and it tastes like a potato wedge. Yuca can be paired with a wide variety of herbs, spices, cheeses, and sauces.

Kohlrabi - Underneath the thick skin and strange tentacles of kohlrabi lies juicy, crisp flesh. Kohlrabi can be cooked or left raw, and it makes delicious oven-baked fries. It can also be made into a mash, pureed into soup, or sliced thinly and added to salads. Combine kohlrabi with any of your favorite spices and herbs.

Ginger - Similar to beets, ginger is a powerhouse root due to its natural antibiotic, anti-inflammatory, and detoxification properties. With a sweet, spicy, yet creamy flavor, ginger can be used in a large variety of foods and drinks.

Onion & Garlic - There is debate as to whether or not onions and garlic are true root vegetables because they are bulbs and do not grow as deep as most of the other roots. Onions and garlic are widely used in cooking, as they both add a great deal of flavor to any dish, both raw and cooked. Both are considered to be heart-healthy veggies, increase circulation, and act as an anti-inflammatory. (*Not at the beginning of your program)

Cooking:

Steamed/Boiled - Steaming or boiling root vegetables is a great way of prepping them in order to mash or puree them. Mashed celery root or yams make healthful replacements for mashed potatoes, and any root can be blended up into a creamy root soup.

***Roasted** - Roasting any type of vegetable cultivates flavor and texture and is the recommended cooking technique. Chop up your favorite vegetables, drizzle them with olive oil, sprinkle them with spices, and roast them in the oven. You can also thinly slice roots, lay them on a baking sheet, and roast them into root chips.

Sautéed - Making a vegetable sauté or stir fry is a great way of preparing root vegetables. This is a relatively quick and easy cooking method, and all sorts of flavors can be added to the dish. When cooking with other types of vegetables besides roots, sauté the roots first, as they take longer to cook than other vegetables.

Restoring Prostaglandin Balance

Take:

Activator (2 Breakfast, 2 Dinner)

AM (3 Breakfast)

PM (3 Dinner)

Do Not Take:

Omega 3

Do Not Eat:

Shellfish, Mollusks

Nuts

Nut Butter

Butter Fat

Grain Fed Meat (Grass Fed Ok)