

Ravenous for Roots

Group 1

Finger Salad

Materials:

knife, cutting board, serving tray

Ingredients:

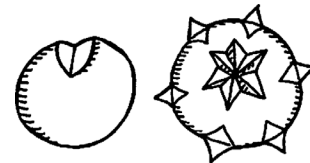
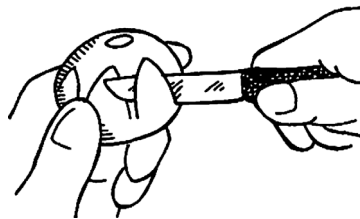
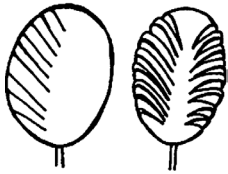
1 turnip

3 medium carrots

1 bunch of radishes

Directions:

1. Scrub turnips.
2. Peel skins off turnips. Slice them into "match sticks."
3. Scrub carrots, slice into bite size sticks.
4. Cut tops off of radishes, scrub and cut or serve whole.



Group 2

Mashed Potatoes

Materials:

hot plate, knife, masher, pot, bowl, serving spoon, cutting board, cup or mug

Ingredients:

4 large potatoes

water

salt, pepper and margarine to season

Directions:

1. Chop up potatoes, put in large pot.
2. Cover with water and boil until tender.
3. Pour water off, saving about 1 cup of it. Mash with a masher or fork.
4. Add back enough liquid to make a smooth, creamy texture.
5. Season with margarine, salt and pepper as desired.



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Group 3

Sauteed Parsnips

Materials:

Electric fry pan, knife and cutting board, cooking spoon/serving spoon, measuring cup and spoons

Ingredients:

3 medium parsnips
1 medium onion
4 Tbs olive oil or margarine
2 Tbs soy sauce
 $\frac{1}{3}$ cup water

Directions:

1. Scrub parsnips; slice into $\frac{1}{4}$ inch rounds
2. Chop onion fine.
3. On medium heat, saute parsnips and onion in olive oil.
4. When onion is clear, add water and soy sauce.
5. Cover and let simmer on low heat until parsnips are tender.



Group 4

Baked Sweet Potatoes

Materials:

microwave, knife, cutting board, plate to serve from

Ingredients:

sweet potatoes
margarine
salt and pepper for garnish

Directions:

1. Scrub potato clean. Cut off $\frac{1}{2}$ inch from ends
2. Bake or microwave until tender.
3. Cut into small serving sizes. Eat like a baked potato.
4. Season with margarine, salt and pepper as desired.



Group 5

Yams with Apple

Materials:

microwave, knife, cutting board, covered casserole, measuring cup and spoons, plates

Ingredients

2 medium yams
2 large green apples
 $\frac{1}{2}$ cup brown sugar
3 Tbs margarine

Directions:

1. Scrub 2 medium yams; slice into $\frac{1}{4}$ inch rounds.
2. Wash, core and slice two large green apples.
3. In a covered microwave or oven-safe casserole: Layer yam rounds, cover with apple slices, sprinkle on 1 Tbs brown sugar and dot with margarine.
4. Repeat until all yams and apples are used or you pan is full.
5. Microwave on high for 5 minutes at a time. Turn dish, check for doneness (done when tender all the way through.)