Root Veggie Mash

Serves 6

Ingredients
2 medium sweet potatoes
2 medium Russet or Yukon gold potatoes
1 small turnip or 1/2 of a rutabaga
1/2 stick butter
1/2 cup 2% milk
1 teaspoon salt

Preparation
1. Peel sweet potatoes, potatoes and turnip and cut into 1-inch cubes.
2. Steam until soft, about 10 minutes.
3. Transfer veggies to large bowl.
4. Heat the butter, milk and salt in a saucepan.
5. Pour the hot liquid into the root veggies and mash until you have the consistency you want, adding more milk, if necessary, 1 teaspoon at a time.
6. Serve warm and enjoy!
Carrot-Pineapple Juice

Serves 1

Ingredients
1/4 cup carrot juice
3/4 cup pineapple juice

Preparation
1. Mix the two juices and enjoy.
Carrot Tacos

Serves 4

Ingredients
4 tablespoons extra-virgin olive oil
1 tablespoon lemon juice
1 small garlic clove, minced
½ teaspoon cumin
¼ teaspoon kosher salt
1 pinch dried oregano, preferably Mexican
2 cups tightly packed grated carrots
¼ cup raisins
8 leaves of red or green leaf lettuce, rinsed and dried.

Preparation
1. Whisk together the first six ingredients in a medium bowl.
2. Mix in the carrots, stirring to combine thoroughly.
4. Lay 2 lettuce leaves on each plate and scoop the carrots on top.
5. Fold the lettuce like a taco shell.
Beet Hummus

Serves 6

Ingredients
1 medium red beet cooked until tender and peeled
1/4 cup tahini
3 small garlic cloves
2 teaspoons lemon juice
kosher salt to taste
water to thin

Preparation
1. Puree the beet, tahini, garlic and lemon juice in the bowl of a food processor until smooth.
2. Salt to taste.
3. Add water to thin, if needed, to the consistency of a spread or hummus.
4. Spread on crackers or toast.