

FOOD BYTES

November
2024

Fall fruits & vegetables are full of nutrients and antioxidants!

Antioxidants, which include certain vitamins, minerals, and plant-based compounds called phytonutrients, are found in various foods, particularly fruits and vegetables, and can potentially protect the body by preventing or repairing damage to cells; eating seasonal produce, especially during fall, is a great way to maximize your intake of these beneficial antioxidants and potentially boost immunity, slow aging, and reduce the risk of chronic diseases.



- **Grapes, pomegranates and dark leafy greens** are rich in vitamin C and can help support healthy immune systems.
- Orange fruits and vegetables like **sweet potatoes, butternut squash, and pumpkin** are high in beta-carotene and support good vision and healthy skin.
- **Brussels sprouts, beets and pears** are a good source of fiber and support digestive health.

Sheet-Pan Roasted Root Vegetables

Serves: 8

Ingredients:

- 2 large carrots
- 2 medium parsnips, peeled
- 2 medium beets, peeled
- 1 medium red onion
- 1 medium sweet potato
- 3 tablespoons extra-virgin olive oil
- 1 ½ tablespoons apple cider vinegar or balsamic vinegar
- 1 tablespoon fresh herbs, such as thyme, rosemary or sage
- ½ teaspoon kosher salt
- ½ teaspoon ground pepper

Methods:

1. Position racks in upper and lower thirds of oven; preheat to 425 degrees F. Line 2 large rimmed baking sheets with parchment paper.
2. Cut carrots and parsnips into 1/2-inch-thick slices on a diagonal, then cut into half moons. Cut beets and onion into 1/2-inch-thick wedges. Cut sweet potato into 3/4-inch cubes. You should have about 12 cups raw vegetables.
3. Toss the vegetables with oil, vinegar, herbs, salt and pepper in a large bowl until well coated. Divide between the prepared baking sheets, spreading into a single layer.
4. Roast the vegetables, rotating the baking sheets top to bottom halfway through, until fork-tender, 30 to 40 minutes.