



# Greenmarket Recipes for Kids

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## Oven Roasted Carrots and Parsnips

Makes 4-6 servings

### **Ingredients**

4 medium carrots\*

4 medium parsnips\*

¼ cup olive oil

Salt and pepper (to taste)

2 teaspoons chopped fresh herbs (thyme, parsley, basil)- optional\*

**\*ingredients seasonally available at your local Greenmarket**

### **Equipment**

Cutting board

Knife

Large bowl

Vegetable peeler

Medium baking pan

Oven

### **Directions**

- 1)** Preheat the oven to 400 F.
- 2)** Peel the carrots and parsnips. Have a grownup help you cut them into equal size pieces.
- 3)** In a large bowl mix the carrots and parsnips with the olive oil and season with salt and pepper to taste (start with just a little of each).
- 4)** Spread the vegetables evenly in the baking pan in a single layer and roast in the oven, uncovered, stirring and tossing occasionally (ask a grownup for help) until the vegetables are cooked through, for 20-45 minutes. If using fresh herbs, have a grownup help you chop them and sprinkle over the top before serving.

**Turn page over to find out how these root vegetables benefit your body**

For over 30 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit

[www.growNYC.org](http://www.growNYC.org).



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## Fun Nutritional Facts

### ❖ *Carrots:*

- **Vitamin A:** is important for vision and strong bones.
- **Vitamin K:** important for bone development and blood clotting which helps to heal if you get a cut.
- **Folate:** helps your body grow and develop.
- **Potassium:** helps your muscles and nerves work. It also regulates the amount of fluid in your body and helps in energy metabolism which is how you get energy from food.

### ❖ *Parsnips:*

- **Fiber:** Helps food move along in your digestive system and lowers cholesterol
- **Vitamin C:** Is an antioxidant which helps fight against cancer.
- **Folate:** Helps your body grow and develop.
- **Potassium:** helps your muscles and nerves work. It also regulates the amount of fluid in your body and helps in energy metabolism which is how you get energy from food.

### ❖ *Olive Oil:*

- **Omega-6 Fatty Acid:** is important for brain and heart function. It also helps your body grow and develop.
- **Vitamin E:** is an antioxidant which helps fight against cancer. It also helps keep your heart healthy.
- **Vitamin K:** is important for bone development and blood clotting which helps to heal if you get a cut.