



**Connecting schools and students
with local farms and fresh,
nutritious foods!**

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Building Strong and Vibrant New York Communities

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F2S Roasted Rainbow Root Candy

Servings: 8

Ingredients:

- 1 lb parsnips
- 1 lb carrots
- 1 lb beets
- 1/4 cup olive oil
- 1/4 cup honey
- 3 thyme sprigs
- Salt and Pepper to taste
- 1 Tbsp sherry or white wine vinegar

Instructions:

1. Preheat oven to 425°F.
2. Wash and peel roots. Chop into 1/2 inch pieces.
3. Toss with oil, honey, thyme, salt, and pepper.
4. Cover with foil. Roast for 40 minutes, until tender.
5. Remove foil. Roast for 10 minutes, until glazed.
6. Place roasted roots in a bowl and toss with vinegar.

Source: Adapted from www.foodandwine.com



Nutrition Facts

8 servings per container

Serving size 1 cup

Amount per serving

Calories 180

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 30g 11%

Dietary Fiber 6g 21%

Total Sugars 18g

Includes 9g Added Sugars 18%

Protein 2g

Vitamin D 0mcg 0%

Calcium 49mg 4%

Iron 1mg 6%

Potassium 585mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.