

ROOT VEGETABLES AND SQUASHES



Root vegetables are an excellent replacement for bread and flour if you are trying to avoid gluten.

They can be prepared in many different ways as follows:

VEGETABLE	BAKE	RAW ON SALAD	CREAMY SOUP	WITH CHICKEN OR MEAT SOUP/ STEW	COOK 10 MIN AND ADD OIL/ BUTTER	BEAN SOUP /STEW	SPICES TO TRY
Carrots	*	*	*	*		*	any
Parsnip	*		*	*	*	*	any
Turnips	*			*	*		Black pepper
Rutabaga	*	*		*	*		Lemon zest
Fennel	*		*	*		*	
Sweet potato, Fall squashes	*		*	*	*		Cumin, lemon zest, red pepper ginger
Daikon radish	*	*					Lemon