

Roasted Carrot and Turnip Puree

Loaded with antioxidants, this is a delicious main course or side! The carrot is a root vegetable often claimed to be the perfect health food. It is crunchy, tasty, and highly nutritious. Carrots are a particularly good source of beta carotene, fiber, vitamin K1, potassium, and antioxidants !

Ingredients Yield: 6-8 servings

- 8 medium-size carrots, peeled and cut into 2-inch lengths
- 6 medium-size turnips, peeled and quartered
- ½ cup hot chicken broth, homemade or low-sodium canned
- 1 tablespoon fresh chopped thyme, 1 tablespoon fresh chopped rosemary
- 1 tablespoon salt
- Freshly ground pepper to taste

DO THIS: Preheat oven to 400 degrees. Place the carrots and turnips in a roasting pan. Roast until vegetables are very tender, stirring frequently, about 1 hour. Place the carrots and turnips in a food processor with the chicken broth. Add the thyme. Process until smooth, stopping several times to scrape down sides of bowl. (Add salt and pepper to taste.) Divide among 4 plates and serve immediately.

