



Cooler weather is a great time to make hearty soups and stews! Root vegetables are plentiful this time of year and easily enhance your meal. You can add color and satisfying flavors to any of your favorite recipes just by trying some new ways of cooking fall vegetables.

When planning your favorite soups or stews, consider replacing white rice or pasta with whole grains such as quinoa, farro, barley or brown rice. Not only will these items add flavor but these grains are loaded with heart-healthy nutrients, fiber and B vitamins!

Add fun flavors to Thanksgiving dinner by trying new recipes using some of your favorite root vegetables including carrots, beets, yams and sweet potatoes. These vegetables are great cut into chunks and drizzled with olive oil, salt and pepper then oven roasted.

NOT SURE WHAT TO MAKE?

Try our Wellness Wednesday **Roasted Sweet Potato Salad** recipe!

Roasted SWEET POTATO SALAD

INGREDIENTS Yields 12

- 2½ Pounds Fresh Yams
- Cooking Spray (as needed)
- ¼C Diced Onion
- ½C Diced Celery
- 1C Mayonnaise
- 1T Deli Mustard
- ¼t Salt
- ¼t Pepper

DIRECTIONS

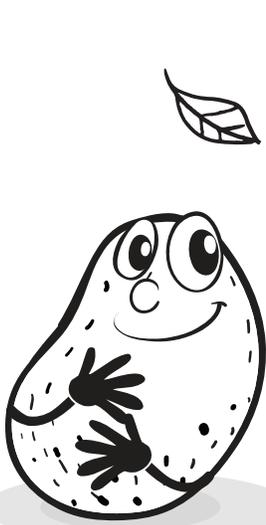
1. Wash, drain and cut UNPEELED yams in 1" chunks. Cutting them in uniform pieces will help them roast evenly.
2. Place yams on a cooking sprayed sheet tray. Avoid overcrowding to enhance browning.
3. Spray potatoes with cooking spray and roast in oven at 425°F for about 15-20 minutes or until tender. Cool to room temp but do not chill in the refrigerator. Potatoes should be CHARRED on edges and soft in the center.
4. In a large bowl whisk mayo & mustard to combine.
5. Add the remaining of the ingredients and the cooled roasted yams to the bowl.
6. Toss well using gloved hands CRUSHING some of the potato to blend into the dressing but do not smash all potatoes into a paste. Chunks of potatoes should remain throughout.
7. Cover and refrigerate. Enjoy!



Chef Basil's
**Wellness
Wednesday**

COLORED BY _____

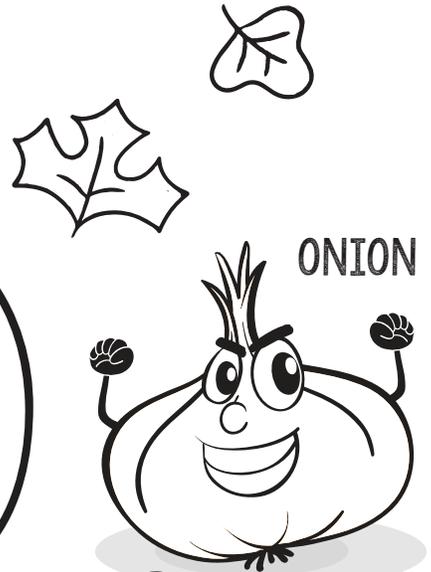
SOME OF OUR FAVORITE FALL VEGETABLES!



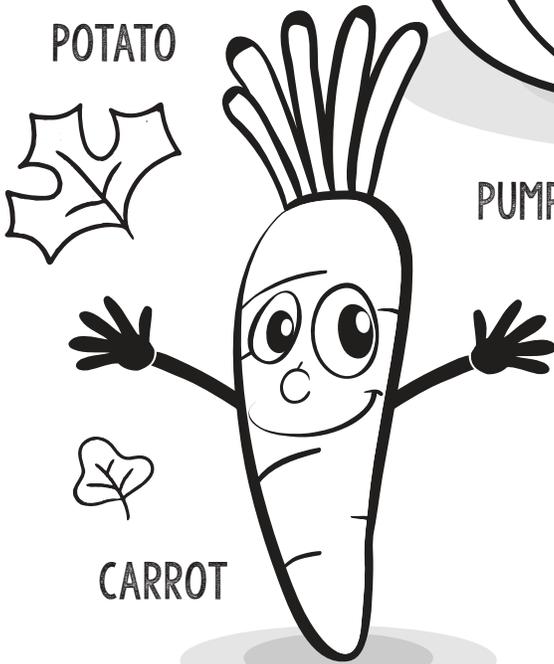
POTATO



PUMPKIN



ONION



CARROT



PEPPER



MUSHROOM