

ROOT VEGETABLES

ROOT VEGETABLE HASH WITH FRIED EGGS

COST PER SERVING \$1.30 / TOTAL 50 min. / SERVES 4

- 2 Tbsp. olive oil
- 1 large leek, trimmed, halved lengthwise, cut crosswise into 1/4-inch slices
- 1 rib celery, thinly sliced
- 2 carrots, cut into 1/4-inch dice
- 1 medium Yukon Gold potato, peeled, cut into 1/4-inch dice
- 1 parsnip, cut into 1/4-inch dice
- 1 small white turnip, cut into 1/4-inch dice
- 1 small beet, trimmed, cut into 1/4-inch dice
- Salt and pepper
- 2 Tbsp. unsalted butter
- 4 large eggs

1 Warm oil in a large skillet over medium-high heat. Add leek and celery; cook, stirring, until softened but not browned, about 5 minutes. Add carrots, potato, parsnip, turnip and beet. Season with salt and pepper. Pour in 1/4 cup water; loosely cover. Cook, stirring, until vegetables are soft but not mushy and most of liquid has been absorbed, 10 to 12 minutes. Season with salt and pepper, if desired.

2 Melt butter in a large nonstick skillet over medium-high heat. Crack eggs into skillet and cook until desired doneness. Season with salt and pepper. Divide hash among 4 dishes and top each with an egg.

PER SERVING 275 Cal., 18g Fat (6g Sat.), 201mg Chol., 4g Fiber, 9g Pro., 23g Carb., 455mg Sod.

CREAMY LEEK AND PARSNIP SOUP

COST PER SERVING \$1.94

HANDS-ON 15 min.

TOTAL 55 min. / SERVES 4

- 2 Tbsp. unsalted butter
- 3 leeks, trimmed, halved lengthwise, cut crosswise into 1/2-inch-thick slices
- 5 medium parsnips (about 1 lb.), thinly sliced
- Salt and pepper
- 4 1/2 cups low-sodium chicken broth
- 1/2 cup heavy cream
- 1 Tbsp. snipped chives

1 Melt butter in a large heavy saucepan over medium heat. Add leeks, parsnips, 1/2 tsp. salt and 1/4 tsp. pepper. Cook, stirring often, until softened but not browned, about 10 minutes. Pour in 4 cups broth, increase heat to high and bring to a full boil. Reduce heat to medium-low and cook, partially covered, stirring occasionally, until vegetables are very soft, about 30 minutes.

2 Let cool slightly. Working in batches, puree soup in a blender. Return soup to saucepan and stir in cream. Warm over low heat and season well with salt and pepper. Thin with remaining broth if soup is too thick. Ladle into warmed soup bowls, garnish with a pinch of chives, and serve.

PER SERVING 309 Cal., 19g Fat (11g Sat.), 56mg Chol., 6g Fiber, 9g Pro., 30g Carb., 710mg Sod.

