

Fresh Pickings

Do sweet potatoes and corn have you bored out of your gourd? Just in time to perk up your cold-weather dishes, we're here to help you find a new favorite veggie. *By Kate Rockwood*

Delicata Squash

This tender winter squash requires no peeling (take *that*, butternut). And it's a good source of carotenoids, like beta-carotene, which may help reduce the risk of certain cancers.

COOK WITH IT: ROASTED DELICATA WITH RAISINS

"Roasting the delicata caramelizes its natural sugars," says Sarah Britton, author of the cookbook *My New Roots*. Halve the squash lengthwise, remove seeds, and slice into 1"-thick half-moons. Drizzle with 1 Tbsp. olive oil. Roast at 400° until tender, about 30 minutes. Sprinkle with ½ cup chopped parsley and a handful of raisins.



UGH, YES!

NO, IT DOESN'T FAZE ME.

DO YOU LOATHE PEELING PRODUCE?

YES, PLEASE!

Parsnip

This unsung root combines a carrotlike sweetness with the versatility of a potato. It's also a nutritional rock star, containing more than twice the fiber of a potato and more than three times as much folate as carrots.

COOK WITH IT: SWEET PARSNIP FRIES

Peel 2 pounds of parsnips and cut into sticks. Toss with ¼ cup olive oil; 2 garlic cloves, minced; and salt and pepper. Roast at 400° until tender, about 25 minutes. In a small bowl, whisk together 2 Tbsp. maple syrup, 2 Tbsp. olive oil, 1 Tbsp. lemon juice, and a pinch of salt. Drizzle glaze over parsnips.



Celery Root

Give this knobby vegetable a chance: It tastes creamy, yet it's surprisingly low-cal. It's also rich in potassium; increasing your intake of this mineral may lower stroke risk.

COOK WITH IT: CREAMY CELERY ROOT AND LENTIL SOUP

In a small pot, combine 1 cup water and ½ cup dried lentils. Bring to a simmer and cook until tender, 30 minutes. In a large pot, heat 1 Tbsp. olive oil. Add 2 chopped onions, 4 bay leaves, and a large pinch of salt and cook 4 minutes. Add 1 medium celery root, peeled and cubed; 3 potatoes, peeled and diced; and 6 garlic cloves, chopped. Add 4 cups vegetable broth. Cover and simmer until veggies are tender. Remove bay leaves, puree soup in a blender, and stir in lentils.



I PREFER A MELLOW FLAVOR.

START HERE
Are you in the mood for something sweet?

NO, I'LL SAVE MY SWEET TOOTH FOR DESSERT.

HOW DO YOU FEEL ABOUT LEAFY GREENS?

I'm craving other colors of the rainbow.

Can't get enough of them.

DO YOU LIKE A VEGGIE WITH BITE?

NEED MORE VITAMIN C?

I DIG A PEPPERY PUNCH.

YEP.

Swiss Chard

Heartier than spinach but more tender than kale, one cup of raw Swiss chard contains more than 300 percent of your recommended intake of vitamin K. One study found that women who consumed more than 109 micrograms of K were 30 percent less likely to suffer hip fractures.

COOK WITH IT: SWISS CHARD SALAD

"A vibrant dressing makes these humble leaves go ka-pow," says Britton. Wash 1 bunch Swiss chard; pat dry. Discard stalks and slice leaves into thin ribbons. Whisk together 2 Tbsp. soy sauce; 2 Tbsp. olive oil; 1 Tbsp. minced ginger; 2 tsp. honey; 2 tsp. brown rice vinegar; juice of 1 lime; and 1 garlic clove, minced. Mix greens with dressing; top with avocado, sesame seeds, or cashews.



Radish

Crisp and peppery, radishes are more than 90 percent water—which is good news for your figure and your health: University of Tokyo researchers studied the diets of more than 1,000 young women and discovered that those who regularly ate a significant amount of high-water-content foods had lower BMIs and smaller waistlines.

COOK WITH IT: POACHED RADISHES

In a large skillet, melt 2 Tbsp. unsalted butter over medium heat. Add 1 Tbsp. olive oil and sauté 4 garlic cloves, chopped, for 1 minute. Add 1 pound radishes, trimmed and halved, and a pinch of salt and cook until tender, about 10 minutes. Remove from heat and toss with 4 tsp. apple cider vinegar and 4 tsp. honey.



Bok Choy

A cup of cooked bok choy will set you back just 20 calories while delivering 59 percent of your recommended daily vitamin C needs. One study found that subjects who consumed the highest amounts of C cut their stroke risk by 42 percent.

COOK WITH IT: BOK CHOY AND SHIITAKE STIR FRY

Slice 10 ounces baby bok choy and 5 ounces shiitake mushrooms. In a large skillet, heat 1 Tbsp. canola oil over medium-high heat. Add 2 garlic cloves, minced, and cook 30 seconds. Add mushrooms, 1½ tsp. maple syrup, and 1 Tbsp. soy sauce. Cook until mushrooms are soft, 3 minutes. Stir in bok choy and cook until crisp-tender, 5 minutes.