

## Souper Season of Comfort, Winter 2001

### Appetizers

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#### Baguette of Roots

*Hello. Here's more fruit and vegetable news that you can really enjoy. This is the familiar loaf of French bread called a baguette. I use it to make this great party dish. Cut it in half lengthways and scoop out the soft center. You can dry and use that for breadcrumbs later. Wash, peel and dice 2 pounds (about 5 cups) of your favorite winter root vegetables such as parsnips, turnips, rutabaga, and carrots. Steam them until tender enough to mash roughly. Add a dash of white pepper, and some parsley. You may like to add a little Dijon mustard or Worcestershire sauce for added zip. Now fill the bread halves and dust well with grated Parmesan cheese. Slip under a broiler for 4 to 6 minutes to brown, and serve in slices. Great stuff! So, go on, do yourself a flavor. Enjoy your 5 or more servings of fruits and vegetables every day.*

#### Baguette of Roots

Serves 6

Provides 1½ vegetable servings per person

- 1¼ cup parsnips, peeled and chopped (½ pound)
- 1¼ cup rutabagas, peeled and chopped (½ pound)
- 1¼ cup turnips, peeled and chopped (½ pound)
- 1¼ cup carrots, peeled and chopped (½ pound)
- ¼ teaspoon pepper
- ¼ cup chopped parsley
- 1 teaspoon Dijon mustard
- 1 French baguette (½ pound)
- 4 tablespoons grated Parmesan cheese

1. Steam the root vegetables together, until tender enough to mash roughly, 10 to 15 minutes. Transfer to a mixing bowl and mash. Stir in the pepper, parsley, and mustard.

2. Cut the baguette in half lengthwise. Pull out some of the soft inside to make space for the vegetables. Divide the vegetables between the two halves, scatter

Parmesan cheese over the top of each and broil 4 to 5 minutes to brown.

3. Slice and serve with a nice green salad.

#### Nutritional Analysis

262 calories

3 g fat

10% calories from fat

1 g saturated fat

3% calories from saturated fat

51 g carbohydrates

467 mg sodium

8 g dietary fiber