

# Lara's Root Wraps

Sauté onions in coconut oil until soft. Add Soyrito and cook until lightly browned. Mix in grated root veggies and chopped greens. Cook on medium heat for about 20 minutes, stirring occasionally. Wrap in Rice paper wrappers (follow directions on package), and eat immediately. Enjoy!

This makes a very large portion of "filling". Some may be frozen and saved for another meal.

Chilly fall air and short dark days may have put an end to your luscious garden, but there are still many cool weather veggies to fill your plate. Beets, carrots, parsnips, turnips (just to name a few) may not be glamorous, but these inexpensive and accessible veggies are loaded with fiber, antioxidants and slow digesting carbohydrates. Store them through the winter in your cool basement (a.k.a root cellar) for fresh food all winter.

- Beets and Parsnips are fantastic sources of folate
- Turnips are actually classified as cruciferous vegetables (like broccoli). They contain a potent cancer-fighting compound unique to this group of veggies.
- Diced, tossed with olive or coconut oil and sea salt, and roasted in a hot oven- root vegetables are hearty and delicious. My children devour them like this.
- Their slow-digesting carbohydrates make root vegetables a nice alternative to more inflammatory grains.
- Don't forget the greens. Beet and turnip greens are tasty when sautéed. I like to dress them with a little apple cider vinegar.