

Dig Into Roots (Root Vegetables)



Makes 35 servings
*2 pieces of jicama,
carrots, and parsnips with
1 Tbsp. hummus per
serving*

INGREDIENTS

- 8 oz. jicama
- 8 oz. carrots
- 8 oz. parsnips
- 8 oz. hummus

PREPARATION

1. Rinse and peel root vegetables.
2. Cut root vegetables into sticks.
3. Give each student a paper plate.
4. Have students take 2 pieces of each root vegetable and 1 Tbsp. of hummus.
5. Serve immediately.

Nutrition information per serving: Calories 48, Carbohydrate 4g, Dietary Fiber 0g, Protein 0g, Total Fat 3g, Saturated Fat 0.25g, Trans Fat 0g, Cholesterol 0mg, Sodium 76mg



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