

PARSNIP

Parsnips are closely related to carrots. In comparison, their flavor is sweeter. If you want to add a kick of rich flavor to a dish that calls for carrot, try substituting parsnip.

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BEST COOKING METHODS

- RAW
- ROASTED
- STEAMED
- BOILED

RECIPE IDEAS

- CRISPY BAKED FRIES
- MASHED
- ADD CHUNKS TO SOUP

STORAGE

- Refrigerator: wash and store in a bag in crisper drawer
- Freezer: Wash, peel, and chop into 1/2 inch cubes. Blanche, chill, then store in an airtight container for up to 12 months.

NUTRITION

- Good B-complex vitamins, various minerals and Vitamins K and E.
- Excellent source of dietary fiber.

TIPS

- Parsnips can be kept in the fridge for a few weeks, which allows you plenty of time to find use for them in a few different dishes.
- Peel and trim both ends. Compost or add to a freezer bag of scraps to use to make vegetable stock.



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MASHED PARSNIPS

- **2-3** parsnips chopped
- **1** low sodium bouillon cube, vegetable or chicken
- **1 tsp** lemon juice
- **1-2 tbsp** butter
- **1/4-1/2 c** milk
- Salt and pepper

PLACE THE PARSNIPS IN A SAUCEPAN WITH WATER TO COVER. ADD THE BOUILLON AND LEMON JUICE. SIMMER FOR **20** MINUTES OR UNTIL VERY TENDER; DRAIN. MASH, ADDING THE BUTTER AND MILK. SEASON WITH SALT AND PEPPER. SERVE IMMEDIATELY (OPTIONAL: GARNISH WITH CHOPPED CHIVES).