Roasted Parsnips with Rosemary, Garlic, & Parmesan

Ingredients
- 1 pound parsnips, peeled, roughly chopped
- 1 Tbsp rosemary leaves, minced
- 1 Tbsp extra virgin olive oil
- 1/4 tsp black pepper
- 3 garlic cloves, minced
- 2 Tbsp parmesan cheese, grated
- 1/4 tsp salt

Equipment Needed
- Knife
- Peeler
- Cutting board
- Mixing bowl
- Baking Pan
- Oven
- Grater

Directions
- Preheat oven to 400 degrees F.
- Combine parsnips, rosemary leaves, olive oil, black pepper, and garlic.
- Arrange into a single layer onto parchment paper and a baking sheet.
- Bake about 10-15 minutes or until parsnips are tender.
- Toss with parmesan cheese and salt to taste.

Nutrition Information Available Upon Request
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Grated Parsnip and Carrot Salad

Ingredients

- 1 lb parsnips
- 1/2 lb carrots
- 1/2 cup parsley, roughly chopped
- 1/4 cup red onion, thinly chopped
- 2 pears
- 3 Tbsp lemon juice
- 1/2 Tbsp apple cider vinegar
- 2 tsp honey
- 2 Tbsp extra virgin olive oil

Equipment Needed

- Knife
- Peeler
- Grater
- Cutting board
- Mixing bowl

Directions

- Peel and grate the parsnips, carrots, and pears.
- Combine shaved parsnips, carrots, and pears with parsley, red onion, lemon juice, apple cider vinegar, and olive oil into a large mixing bowl.
- Toss until combined. Add salt and pepper to taste.

Helpful Tips

- If you don't have any parsley, substitute with cilantro
- You can prepare and store the dressing separately

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Braised Parsnips with Maple Syrup & Pecans

Ingredients
- 1/2 Tbsp unsalted butter
- 1/4 cup pecan, halves
- 1/4 Tsp ground cumin
- 1/8 Tsp ground coriander
- 1/4 cup maple syrup
- 1 lb parsnips, peeled, roughly chopped
- 1/2 cup water
- 1/8 Tbsp salt

Equipment Needed
- Knife
- Peeler
- Cutting board
- Saucepan
- Skillet

Directions
- Melt butter in small saucepan, then add parsnips and saute for about 2 minutes.
- Add enough water to cover the parsnips, cumin and coriander.
- Pour maple syrup into the pan, then reduce to a simmer. Cook for 5 minutes. Remove from heat and set aside.
- Sprinkle parsnips with salt and toss with pecans.

Helpful Tips
- Can substitute cumin and/or coriander seeds with caraway or fennel
- Cover parsnips while braising to cook faster
- Cinnamon can be a nice flavor addition

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Parsnips

Background

- Root vegetable with long taproots
- Shaped like a carrot but has cream-colored flesh
- Functions similarly to a potato due to starch content
- Parsnips have a unique nutty and sweet flavor
- Can be consumed raw or cooked
- Often eaten in soups, broths, baked, roasted, fried, pureed, or steamed
- Commonly eaten in cold seasons due to its growing patterns that begin later in the year
- Found in Asia, Europe, and North American cuisines

Nutritional Value

- Parsnips have fiber and 80% water content, which can aid in weight maintenance keeping one full longer
- The skin of parsnips are full of vitamins and minerals
- Potassium is good for heart health: acts as a vasodilator and can decrease blood pressure
- Vitamin B12 and folate is related to energy production, good for heart health, and reduces neural tube defects
- Vitamin C can boost the immune system and prevent osteoarthritis
How to Shop

- You can find fresh parsnips in the grocery store in the produce section near other root vegetables all year round
- Firm and medium parsnips are easier to cook with
- Avoid parsnips that are limp, shriveled, brown, or have whiskers

How to Grow

- Parsnips are planted before the winter season, take 16 weeks to mature, and are harvested in the late fall or early winter
- Sun or partial shade is acceptable for parsnips
- Deep, stone-free, sandy soils are preferred
- Sap from the plant can be toxic so be wary when handling the foliage, leaves, and shoots of the parsnips
- Prevent carrot flies by using vertical fences, sowing sparsely, and rotation crops

How to Store

- Store in a cool dark place
- Increase the storage time parsnips by storing them in the refrigerator up to 2-3 weeks in a loose plastic bag

The Nourish Program provides a unique training for students and healthcare professionals utilizing a seed to plate initiative. www.nourishprogram.org