

FEBRUARY 2019 FOOD OF THE MONTH

PARSNIP

For something a little different this month, try out parsnips in your kitchen! In season during the winter, parsnip is related to the carrot, another well-known and loved root vegetable. In fact, parsnip looks like a very pale yellow carrot. Parsnip is a great source of fiber, and is high in potassium. That's great news in light of research suggesting that getting enough potassium is just as important as cutting down the sodium in your diet.



Parsnips require cold weather to convert their starches into sugar and develop their appealingly sweet flavor, so they are harvested in the late fall, after the frost sets in. They store well and are available throughout the winter and spring.

Nutrition Tidbits for Parsnip: A 1/2-cup serving of cooked parsnip “coins” contains:

- **Calories:** 55 kcal
- **Fat:** 0.2 g
- **Carbohydrates:** 13 g
- **Protein:** 1 g
- **Fiber:** 3 g
- **Glycemic Index (GI):** High (above 70)

When buying parsnip, look for small to medium-sized ones, because the very large ones have a tough and bitter core. (You can still use large ones as long as you trim and discard the core before cooking.) The flesh should be firm and the color even; avoid any that have soft or dark spots. Unpeeled whole parsnips will keep in the fridge for a couple of weeks. Peel parsnips just before cooking, because their exposed flesh will darken when exposed to air. Or, keep the peeled and cut chunks in a bowl of water with lemon juice added.

Ways to Include More Parsnip in Your Diet:

- Steam and mash parsnips instead of potatoes, and serve as a side dish. They also work well in casseroles or for hash browns.
- Add raw grated parsnips to salads to add crunch and nutrition.
- Use parsnips in place of carrots in your favorite stir-fries, soups, or stews.
- Make parsnip chips: Slice them thinly, toss with a bit of oil, and bake in the oven.

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Parsnip and Carrot Puree

Ingredients:

- 8 parsnips, peeled and cut into 2 inch pieces
- 2 carrots, peeled and cut into 2 inch pieces
- ¼ cup snipped chives
- 6 tablespoons butter, divided
- Sea salt and freshly ground black pepper to taste



Instructions:

- Place the parsnips and carrots into a large pot and cover with salted water. Bring to boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, 15 to 20 minutes. Drain; return vegetables to pot. Turn heat to low, stir in the chives and 3 tablespoons of butter.
- Begin to puree mixture using an immersion blender. Add 3 tablespoons of butter and continue to puree until mixture is smooth. Season with salt and pepper to taste
- Prep Time: 15 minutes, Cook Time: 20 minutes

Source: *Allrecipes.com*

<https://www.allrecipes.com/recipe/213625/parsnip-and-carrot-puree/photos/797949/>

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