



# Local PICK OF THE MONTH

January 2023

## Peppy Parsnips

### Recipe

#### ROASTED PARMESAN PARSNIPS AND CARROTS

##### Ingredients

- 1 pound fresh parsnips.
- 1 pound fresh carrots.
- 1.5 tablespoons olive oil.
- 4 garlic cloves (or 2 teaspoons garlic powder).
- 1/4 teaspoon salt.
- 1 teaspoon black pepper.
- 1/3 cup shredded parmesan cheese.
- Sprig of rosemary (optional).

##### Directions

- Preheat oven to 400 degrees. Oil a sheet pan or baking dish. Cut carrots and parsnips into 2- to 3-inch pieces. Toss with garlic, salt, pepper, rosemary and olive oil until vegetables are coated.
- Spread in an even layer in the prepared pan. Cover with foil and bake for 35 minutes. Turn heat down to 375 degrees, uncover pan and continue to roast until lightly browned, 20 to 30 minutes.
- Remove from oven, sprinkle with parmesan and return to oven for another 5 minutes to melt. Cool 5 minutes before serving.

Yields 4, 1-cup servings.

##### *Nutrition information per serving:*

*210 calories, 8 g fat, 33 g carbohydrates, 5 g protein, 9 g fiber*

### What's so great about parsnips?

- Fat-free and low in sodium.
- High in vitamins C, K and zinc.
- Contain a healthy amount of fiber.



### What's the best way to eat parsnips?

- Like many root vegetables, parsnips are delicious when roasted.
- They can also be boiled, mashed, pureed, microwaved, steamed or eaten raw.

## Selection and preparation

### Selection

Look for firm parsnips that do not have cracks or cuts. Smaller parsnips may be more flavorful and tender.

### Storage

Store parsnips at about 32 degrees. Unwashed parsnips can be stored in an unsealed bag for several weeks in the refrigerator, or frozen for about 10 months.

### Preparation

Wash thoroughly before cooking and cook until soft. Parsnips can also be eaten raw.

### Cooking

Parsnips can be cooked in a variety of ways such as roasting, baking, boiling, microwaving, sautéing and steaming. Use leftovers within two to three days.



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