

PARSNIPS

ONE SWEET VEGETABLE

Nutrition Facts:

Parsnips are a great source of:

- Heart-healthy Potassium and Dietary Fiber
- Vitamin C for a healthy immune system
- B-Complex Vitamins
- Anti-oxidants
- Healthy levels of minerals like iron, calcium, and manganese

1 serving contains 55 Calories.

Low in Saturated Fat, Cholesterol and Sodium.



Much like carrots but sweeter, parsnips are easy to prepare and have a long shelf life.

Native to Eurasia, parsnips have been used as a vegetable since antiquity and were cultivated by the Romans, although there is some confusion from literature of the time between parsnips and carrots.

Parsnips are most often used today as a puree to enhance plate presentations in fine restaurants. But they are also wonderful mixed with other vegetables in a roasting pan or cooked in any way

Fun Facts!

- Parsnips were so esteemed during the Roman Empire that the Emperor Tiberius accepted part of the tribute paid to Rome by Germany in the form of parsnips.
- Parsnips were used as a sweetener in Europe before the arrival of cane and beet sugars.
- Parsnips were the U.S. Colonists main form of starch until the potato became more popular in the mid-nineteenth century.



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HOW TO:

STORE: in an airtight container in the cupboard for up to six months, or in the refrigerator for a few days. (Longer refrigeration will affect the taste). Do not freeze

PREPARE: peel like a carrot. If the parsnips are large, remove the woody core by cutting the thinner portion off and setting it aside, and then cutting the thick portion in half length-wise and digging out the core with the end of a vegetable peeler, a paring knife, or a sharp spoon. Peeled parsnips will turn dark when exposed to air, so cook right away.

Prepared by Volunteers of Hopelink
References:

1. [How to Cook Everything](#) by Mark Bittman
2. <http://en.wikipedia.org/wiki/Parsnip>
3. <http://homecooking.about.com/od/howtocookvegetables/a/parsnipstips.htm>
4. Photo credit: [Foter](#) / CC BY-SA
5. Photo credit: [Lisa S. \(d.delight\)](#) / [Foter](#) / CC BY-NC-ND
6. <http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2515/2>
7. <http://www.nutrition-and-you.com/parsnips.html>
8. Photo credit: [Hornet Photography](#) / [Foter](#) / CC BY-NC

How To Prepare PARSNIPS



Parsnips can be substituted or added to any carrot recipe. Puree, roast, steam, or boil. Cook until fork-tender.

Small, tender parsnips can be peeled and grated raw into salads.

For cooked parsnips, many prefer to boil or steam the washed root and then scrape off the skin to preserve nutritional value.

To avoid mushy parsnips, add them to soups and stews near the end of the cooking time.

1 pound = 4 servings

Sweet and Goey Parsnips

Ingredients:

- 1 pound parsnips
- 2 Tablespoons butter
- ¼ teaspoon ground nutmeg
- Salt and pepper to taste

1. Scrape or peel the parsnips and remove the core of larger ones.
2. Cut them into sticks about the size of your little finger. Dry well with paper towel.
3. In a heavy 10-inch skillet, melt the butter; then add the parsnips, shaking to coat. Sprinkle with nutmeg.
4. Cover tightly and sauté on medium heat for about 5 to 10 minutes. The parsnips should be tender and goey, and slightly caramelized.
5. Add salt and pepper to taste.

Yield: 4 servings



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