

PARSNIPS



HOW DO THEY TASTE?

Parsnips have a sweet, earthy, and nutty flavor. The taste varies depending on their size, freshness, and preparation. The sweetness of parsnips becomes stronger when they are roasted or caramelized.

HOW DO I PICK THEM?

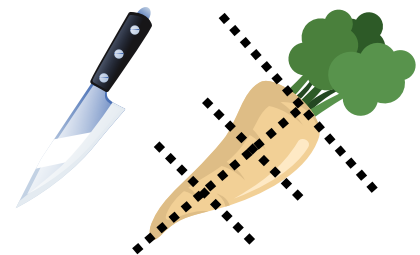
Look for pale cream or ivory colored parsnips that are firm, smooth and free from blemishes. If the green tops are attached to the parsnip, select those with greens that are crisp and vibrant.

HOW DO I STORE THEM?

Remove the leafy green tops from the parsnips and either cook or discard. Store parsnips in the refrigerator in a loosely wrapped damp paper towel to maintain their moisture.

HOW DO I PREPARE THEM?

1. Using a vegetable brush, scrub parsnips under cool water to remove any dirt.
2. Trim off the stem and root ends of the parsnips. Cut off any damaged parts. Leave the skin on for extra fiber.
3. Once clean, prepare parsnips as your recipe calls for.



Cut parsnips into slices, drizzle with oil and **bake** in the oven. **Mash** and add garlic, herbs, or spices to enhance the flavor. **Puree** and add to soups or sauces. Slice or dice the parsnips, heat some oil in a pan and **sauteé**.

Curried Parsnip Mash

Makes 8 servings, ½ cup each

Ingredients

- 2 tablespoons olive oil
- 2 pounds parsnips, cut into chunks
- 1 tablespoon curry powder
- 2 tablespoons honey
- 1 ⅓ cups low-fat milk

Directions

1. Heat olive oil in large saucepan over medium heat, then add chunked parsnips. Cook for 5 minutes or until they are browned.
2. Add curry powder and honey. Cook for 2 minutes. Stir occasionally.
3. Add milk, bring mixture to a boil, cover, and simmer for 15 minutes or until parsnips are tender.
4. Mash and serve.

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KITCHEN TIP

Parsnip greens are edible, however some people get a rash when coming into contact with them.