



PARSNIPS

AT HOME

New Hampshire Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods. Learn more at: www.nhharvestofthemoth.org

Kid-Friendly Eating Tips

- Cut raw parsnips into strips (like carrots) and eat with dip.
- Shred raw parsnips, sprinkle with lemon juice to prevent browning, and add to a salad.
- Purée or mash up parsnips like you would potatoes; this would also be a great base to a soup.
- Add diced parsnips to a soup, stew or casserole.
- Substitute parsnips for carrots in a recipe.

Storage Tips

Parsnips can be stored in a refrigerator, in a perforated plastic bag or in a root cellar for 3-4 weeks.

Tidbit

Parsnips are a nutty, sweet, hearty root vegetable that flourish in cold climates and can land on your plate in winter or early spring. They resemble carrots, but are white-yellow in color. Add them to soups, stews and salads or serve them as a delectable side dish.

Cooking Tips

- Scrub parsnips thoroughly, and chop off the tops and bottoms, then peel if you desire.
- Peeled parsnips turn brown quickly, so cook right away or hold in a bowl of water with a little lemon juice, until ready to cook.
- *To bake:* Put whole or cut-up parsnips in a covered baking dish for 20-30 min. at 350°F.

RECIPES

Baked Parsnip Chips

Yield: 2 cups

Ingredients:

- ½ lb parsnips
- 1 Tbsp. oil (olive or canola)
- ¼ tsp. salt
- ¼ tsp. pepper

Directions:

1. Preheat oven to 350°F.
2. Wash parsnips. No need to peel. Chop off tops and ends.
3. Slice parsnips very thinly, lengthwise. A U-shaped peeler is a great way to do this, then cut the long strips in half.
4. Spread on baking sheet, and toss in oil, salt and pepper.
5. Bake in preheated oven until the outside is crispy with brown edges, tossing occasionally, for 20-25 minutes. Serve immediately.

Cooking with Kids Tips:

- Prepare the parsnips before by washing and chopping off tops and ends.
- Use U-shaped peelers.
- Show kids how to lean parsnip against cutting board and peel away from themselves.

Roasted Parsnips & Carrots with Honey

Yield: 4-6 servings

Ingredients:

- canola or olive oil
- ¾ lb carrots
- ¾ lb parsnips
- salt and pepper

Directions:

1. Preheat oven to 400°F.
2. Wash vegetables and chop into chunks.
3. Toss in just enough oil to coat and salt and pepper.
4. Arrange in a single layer on a sheet pan.
5. Roast for 45 minutes, or until tender, stir occasionally.
6. While the veggies roast, make your honey glaze in a small saucepan. Melt butter on low heat, then stir in honey. As soon as they are combined, turn off the heat.
7. Top roasted veggies with glaze and serve hot.