

Kale and Parsnips

Prep time: 10 minutes | Cooking time: 15 minutes | Number of servings: 4

- 1 cup onions, halved and sliced
- 1 cup parsnips, peeled then halved and sliced
- 1 tablespoon canola oil
- 1 cup water
- 2 teaspoons ground ginger
- 4 cups kale, veins removed and cut

Directions

1. Cook the onions and parsnips in oil in a medium skillet for 5 minutes; stir often.
2. Add water and ginger. Cover and simmer for 4 to 5 minutes.
3. Add the kale and continue cooking 4 to 5 minutes longer.
4. Remove from heat and enjoy.



Tips

- This recipe is also good with cabbage or chard instead of kale.
- Keep your plate colorful when you eat out. Ask for an extra side of vegetables or salad instead of french fries.

Nutrition Facts (Serving size ¼ recipe): Calories-110; Protein-3g; Carbohydrate-17g; Total Fat-4.5g; Saturated Fat-0g; Cholesterol-0mg; Fiber-4g; Sodium-35mg; Vitamin C-150%; Vitamin A-210%; Iron-8%; Calcium-10%

Adapted from the Greater Pittsburg Community Food Bank Recipe Rainbow <http://www.pittsburghfoodbank.org/recipe/database/>

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Ways to Use Parsnips

Parsnips are a starchy root vegetable that have a tangy flavor. Cook them any way that other starchy vegetables are cooked.

Mashed:

Season with olive oil, salt, pepper, and thyme.

Skillet Roasted:

Wash, peel, and core parsnip. Cut into small wedges. Sauté in 2 teaspoons of vegetable oil and

1 teaspoon of butter. When the parsnip starts to brown, add 1 teaspoon of water, cover, and cook about 10 more minutes until tender.

Sautéed:

Peel and cut parsnips and carrots into long strips (like french fries). Add to a pan over medium-high heat with a little olive oil. Stir to coat vegetables and cover. Cook for 10 minutes. Remove lid. Sauté until just tender. Add 1 tablespoon of fresh lemon juice and a sprinkle of nutmeg and salt. Cook for 1 to 2 more minutes. Serve.



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