

PARSNIPS

ONE SWEET VEGETABLE

- They're surprisingly sweet! Parsnips were used as a sweetener in Europe before cane sugar.
- Parsnips are taproots belonging to the carrot (Apiaceae) family of root vegetables. Try substituting for carrots in recipes.
- Store in a cool dark place. Increase the storage time by keeping them in the refrigerator up to 2-3 weeks in a loose plastic bag.

Potato-Parsnip Mash With Cheese: Boil equal amounts of peeled, cut-up parsnips and potatoes until tender. Drain and mash with butter, milk, and grated cheese; season with salt and pepper.

Ideas from realsimple.com

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