

PARSNIP

Scan for videos & resources



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

CHARACTERISTICS

- Parsnips are root vegetables in the same family as carrots.
- Parsnips are sweet, like carrots, but instead of that carrotty flavor, they taste nuttier and more earthy.
- Choose parsnips that are fresh, firm, medium-size, and somewhat smooth. Small to medium sized ones tend to be sweeter and more tender.
- 1 cup of raw parsnips contains:
 - 38% of your recommended daily value of vitamin C to help heal wounds and keep teeth and gums healthy.
 - 37% of your recommended daily value of vitamin K to help with the formation of bones, tissues and hormones.



PREPARE

Wash parsnips in cold water and scrub or peel the skin. Trim off the ends.

Try parsnips:

- *Sautéed*.
- *Boiled* and mashed into a puree (try with potato, leeks, cauliflower, etc.).
- *Roasted* alone or with other vegetables.
- *Added* to your favorite stew or soup.

STORE

- Store parsnips, unwashed, in a plastic bag or wrapped in paper towel in the fridge. They should last for 2 weeks.
- Cooked parsnips may be refrigerated and used within three days.
- To freeze, cut parsnips into 1/2-inch cubes and partially cook by boiling or steaming until tender. Let cool, dry and freeze for up to 1 year.