

# Parsnip Puree



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

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**Serves:** 6

**Prep:** 10 minutes | **Cook:** 15 minutes

## INGREDIENTS

- 5 medium parsnips, peeled and diced
- 1 medium cauliflower, cut in small pieces
- 1 teaspoon garlic powder
- 2 tablespoons cooking oil
- 1 1/2 teaspoons lemon juice
- 1/2 teaspoon salt
- Pinch of pepper
- 1/4 teaspoon dried herbs (like rosemary, thyme, or oregano)

## DIRECTIONS

1. Bring a large pot of salted water to boil. Add parsnips and cauliflower and boil for 10-12 minutes or until soft. Drain and transfer to a blender.
2. Add garlic powder, oil, lemon juice, salt, and pepper to the blender. Blend until smooth. If necessary, add a small amount of water to help blend.
3. Stir in dried herbs. Season to taste with salt and pepper and serve.



### Nutrition Information

*Serving Size: 1/6 of recipe*

<b>Calories</b>	<b>161</b>
<b>Total fat</b>	<b>5g</b>
Saturated Fat	0.8g
<b>Cholesterol</b>	<b>0mg</b>
<b>Sodium</b>	<b>236mg</b>
<b>Carbohydrates</b>	<b>28g</b>
Fiber	7g
Sugar	9g
<b>Protein</b>	<b>4 g</b>

Recipe source: [Loveandlemons.com](https://www.loveandlemons.com)