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Did you Know...

Parsnips are carrot's sweeter cousin and can be used to sweeten cakes and jams

Parsley can be used in a variety of dishes as an ingredient or garnish.

EAT WELL, AGE WELL. April – Parsnips and Parsley

Parsnips are high in fiber, as well as a good source of potassium, calcium, iron, Vitamin C, and folate. While parsnips look like an albino carrot, they are different. Parsnips are very sweet, making them a healthy addition to desserts and sweeter dishes. They grow in cooler temperatures making fresh parsnips available in the spring and fall; they can even be left in the ground over the winter and picked in early spring.

- Storage: Store wrapped in a towel or perforated bag to keep dry.
- Preparation: Wash and peel before cooking. Tasty when roasted, mashed, put into soups, and even in desserts.

Parsley is a hardy herb that is high in several vitamins. It is rich in phytonutrients, or plant compounds, that have anti-inflammatory and immune-boosting properties. There are 2 varieties of parsley: Italian flat leaf is good for cooking and curly leaf is good for garnishing.

- Storage: Stores well in the refrigerator in a plastic bag for a week or longer upright with stems in a few inches of water. Like many herbs parsley can be kept as a potted plant inside for continuous fresh parsley.
- Preparation: Can be chopped and added to stocks, soups, and braised dishes or added as a garnish on top of pasta and roasted vegetables.

Roasted Parsnips with Parsley Garnish



Ingredients

- Half a pound of fresh parsnips
- 1 tsp olive oil
- 1/2 tsp Italian seasoning
- 1.4 tsp salt (optional)
- Parsley for garnish, chopped



Instructions

1. Heat oven to 400°F
2. Peel parsnips and cut into 1-inch chunks. Toss with oil and herb mixture in a large bowl.
3. Spread seasoned parsnips on a baking sheet and roast for 25-35 minutes stirring once or twice.
4. Remove from oven and garnish with parsley

Notes

- Parsnips are done when a fork slides in with little resistance
- Roasted parsnips make a great side for roasted chicken or pork loin
- For a sweet take, try tossing with maple syrup before roasting
- Recipe adapted from <https://www.healthyseasonalrecipes.com/simple-roasted-parsnips/>

Check out more Recipes at: <https://foodhero.org/parsnips> and <https://foodhero.org/parsley>

Word scramble:

1. *ryslepa* _____
2. *otor* _____
3. *noelsasa* _____

4. *evegabtel* _____
5. *saprpni* _____
6. *oaretds* _____

Answers: 1. parsley 2. root 3. seasonal 4. vegetable 5. parsnip 6. roasted