



## **Try Me Days: Parsnip**

### **Parsnip Facts:**

Parsnips are a root vegetable closely related to carrots and parsley. The green leaves above ground are generally not eaten, while the root that grows underground is. They are sweeter than carrots and have a nuttier taste. They are also starchy like potatoes.

Parsnips are planted in the spring and can take six months to grow before they should be harvested. You will typically find the best parsnips from the fall to the spring. A winter frost helps make the parsnips sweeter. Unlike carrots, parsnips are typically not eaten raw, but there are several ways you can cook parsnips. You can roast, bake, fry, and boil them to make soup, chips, fries and roasted or mashed parsnips.

### **Nutrition:**

Parsnips are full of vitamins and minerals:

- Folate
- Thiamin
- Vitamin C
- Vitamin B6
- Vitamin E
- Vitamin K
- Pantothenic
- Magnesium
- Potassium
- Calcium
- Zinc
- Phosphorus
- Manganese

Vitamin C is very high in parsnips which helps the immune system fight disease and has anti-aging properties to prevent things like wrinkles and repair skin damaged cells. Minerals like calcium and magnesium help improve bone strength and the cartilage needed for your joints. Potassium improves your heart health by controlling your heart rate and blood pressure.

### **Parsnips are:**

- Low in carbohydrates
- Low in sodium
- Low in calories
- AND HIGH IN FIBER

### **Fiber is one of the nutrients Americans lack the most in their diet.**

Fiber is the part of the plant matrix that our bodies cannot digest or absorb. There are two types of fiber, soluble and insoluble. Soluble fiber-helps reduce cholesterol, keeps blood sugar down and improves digestion. Insoluble fiber helps aid digestion.

Fiber is only found in plant foods, not in animal foods. It's best to get your fiber directly from foods rather than from pills or other supplements. The best sources are fresh fruits and vegetables, nuts and legumes, and whole grain foods.

Recommended daily intake:

- Girls: 26 g/day
- Boys: 31 g/day
- Women less than 50yo: 25g
- Men less than 50yo: 38g
- Women over 50yo: 21g
- Men over 50yo: 30g

**The average daily fiber consumption of kids is 14grams and of adults is 16g, about half what is recommended!**

Other things to know:

- Add fiber to your diet slowly over a few weeks. Adding too much fiber too quickly can cause bloating, gas, and/or cramps.
- Drink plenty of water which helps move fiber through the intestines.

## Recipes:

### Roasted Garlic and Parsnip Soup

Author: Cupful of Kale

yield: 4-6. prep time: 15 MINUTES. cook time: 30 MINUTES. total time: 45 MINUTES

#### Ingredients

- 1 kg parsnips (about 8)
- 1 head of garlic (about 10 cloves)
- 1 tbsp fresh/dried rosemary
- 2 tbsp maple syrup
- 3 large onions
- 1.5 litres vegetable stock
- 1 lemon

#### Toppings

- Cream or vegan cream
- Toasted Seeds

#### Instructions

1-Pre heat the oven to 180C/350F.

2-Wash the parsnips well and then cut into 2cm chunks. Peel the garlic and place in a roasting tin with the parsnips. Drizzle some vegetable oil, rosemary, maple syrup, salt and pepper on them and place in the oven. They will take about 15-20 mins.

3-Thinly slice the onions and place in a saucepan with some oil on a low heat. Leave them to cook for about 15-20 minutes, stirring occasionally. They will slowly start to soften and caramelize.

4-In a heavy bottom pan, place the roasted garlic, parsnips, caramelize onions and stock. Use a handheld blender to blend until smooth, Alternatively, do this in a blender. Add extra water accordingly, if you want a thinner consistency,

5-Squeeze in the juice from the lemon and season with salt and pepper.

6-Serve and top with some vegan cream and toasted seeds.

### Baked Parsnip Fries

Author: Laurel Perry, Darn Good Veggies

#### Ingredients

- 6 large parsnips, peeled and cut into 2–3-inch long wedges
- 2 tablespoons avocado or extra virgin olive oil
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- ½ teaspoon salt
- (can alternate spices for different flavors!)

#### Instructions

1-Preheat the oven to 425 degrees.

2-In a large bowl (or directly on the sheet pan if you are me) toss the parsnips with the oil and the seasonings. Bake in the oven for 20-25 minutes until the parsnips are golden brown and the insides are soft while the edges are crispy. Serve and enjoy!

3-Alternatively, use the air fryer at about 325 degrees for 12 minutes, shake and then cook another 5 minutes.