



# Taste Tester: Parsnips

The **parsnip** (*Pastinaca sativa*) is a root vegetable closely related to the carrot and parsley. Its long, tuberous root has cream-colored skin and flesh; and left in the ground to mature, it becomes sweeter in flavor after winter frosts.

The parsnip is usually cooked, but can also be eaten raw. It is high in vitamins and minerals, especially potassium. It also contains antioxidants and both soluble and insoluble dietary fiber.

## Food Fact

Parsnips contain antioxidants and are high in folate, potassium, vitamin C and fibre.

## I TRIED IT!

My Rating (circle one):



Would you like to try Parsnips again?

YES

NO

## NOTE:

Eating Well with Canada's Food Guide recommends:

**5 servings** of vegetables and fruit per day for children between the ages of 4-8 years and

**6 servings** of vegetables and fruit per day for children between the ages 9-13 years.

## Roasted Parsnips & Carrots



### Ingredients:

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- 2 pounds parsnips, peeled
- 1 pound carrots, unpeeled
- 3 tablespoons good olive oil
- 1 tablespoon kosher salt
- 1 1/2 teaspoons freshly ground black pepper
- 2 tablespoons minced fresh dill or parsley

### Directions:

Preheat the oven to 425 degrees F. If the parsnips and carrots are very thick, cut them in half lengthwise. Slice each diagonally in 1-inch-thick slices. The vegetables will shrink while cooking, so don't make the pieces too small. Place the cut vegetables on a sheet pan. Add the olive oil, salt, and pepper and toss well. Roast for 20 to 40 minutes, depending on the size of the vegetables, tossing occasionally, until the parsnips and carrots are just tender. Sprinkle with dill and serve hot.