

# Parsnips



## Selecting

Look for white parsnips. Smaller sized parsnips are generally sweeter. The white colour of the flesh is related to the sweetness.

Look for firm ones and avoid those that are starting to turn yellow or brown around the core. You can check by looking at the top of the parsnips where the stems attach.

One pound of parsnips is 4-6 stalks. This makes 4 servings or 3 cups chopped.

## Storing

Store unwashed parsnips wrapped in paper towel in a plastic bag in the vegetable drawer of your fridge. They will keep for 2 weeks or longer. Once cooked, use within 3 days.

To freeze, wash and cut into 1 inch cubes and par-boil or steam for 3-5 minutes. Cool and pack in a plastic container; freeze for 8 to 10 months.

## Preparing

Wash and peel to prepare for cooking. It is best to prepare parsnips just before cooking since they will darken when exposed to air.

You can also wash them, cook and then scrape the peel off after cooking but it may be more challenging to remove the peel this way.

Small, tender parsnips can be washed, peeled and grated raw for use in salads.

## Eating

Parsnips can be roasted in the oven along with other root vegetables such as carrots and

potatoes. Roasting enhances parsnips' sweet, nutty flavour. If adding to soups or stews, add near the end of the cooking time so they don't get mushy.

## Seasonality

Parsnips are available all year long. Those harvested in early winter have a particularly pleasing flavour, as their sweetness intensifies from being frozen in the ground.

## Nutrition

A half cup serving of parsnips has 55 calories. It provides a source of fibre, Vitamin C, folate and manganese.



**Try this Spiced Parsnip Soup with Smoked Paprika and Almonds - the perfect fall recipe!**

[www.halfyourplate.ca/recipe/spiced-parsnip-soup-with-smoked-paprika-almonds/](http://www.halfyourplate.ca/recipe/spiced-parsnip-soup-with-smoked-paprika-almonds/)

