



# Kale and Parsnips

Prep time: 10 minutes | Cooking time: 15 minutes | Number of servings: 4

- 1 cup onions, halved and sliced
- 1 cup parsnips, peeled then halved and sliced
- 1 tablespoon canola oil
- 1 cup water
- 2 teaspoons ground ginger
- 4 cups kale, veins removed and cut

## Directions

1. Cook the onions and parsnips in oil in a medium skillet for 5 minutes; stir often.
2. Add water and ginger. Cover and simmer for 4 to 5 minutes.
3. Add the kale and continue cooking 4 to 5 minutes longer.
4. Remove from heat and enjoy.



## Tips

- This recipe is also good with cabbage or chard instead of kale.
- Keep your plate colorful when you eat out. Ask for an extra side of vegetables or salad instead of french fries.

**Nutrition Facts** (Serving size ¼ recipe): Calories-110; Protein-3g; Carbohydrate-17g; Total Fat-4.5g; Saturated Fat-0g; Cholesterol-0mg; Fiber-4g; Sodium-35mg; Vitamin C-150%; Vitamin A-210%; Iron-8%; Calcium-10%

*Adapted from the Greater Pittsburg Community Food Bank Recipe Rainbow*  
<http://www.pittsburghfoodbank.org/recipe/database/>

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## Ways to Use Parsnips

Parsnips are a starchy root vegetable that have a tangy flavor. Cook them any way that other starchy vegetables are cooked.



- Mashed:** Season with olive oil, salt, pepper, and thyme.
- Skillet Roasted:** Wash, peel, and core parsnip. Cut into small wedges. Saute in 2 teaspoons of vegetable oil and 1 teaspoon of butter. When the parsnip starts to brown, add 1 teaspoon of water, cover, and cook about 10 more minutes until tender.
- Sautéed:** Peel and cut parsnips and carrots into long strips (like french fries). Add to a pan over medium-high heat with a little olive oil. Stir to coat vegetables and cover. Cook for 10 minutes. Remove lid. Sauté until just tender. Add 1 tablespoon of fresh lemon juice and a sprinkle of nutmeg and salt. Cook for 1 to 2 more minutes. Serve.

*This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.*



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