

# Parsnips



## SEASONALITY



## NUTRITIONAL PROPERTIES

Parsnips are a fantastic source of Potassium. They are a starchy vegetable, so they are a bit higher in carbohydrates than many other vegetables. Parsnips are high in fiber, vitamin C, and magnesium.

## STORAGE

Store in a plastic bag within the refrigerator. Lasts 2-6 months.

## PRESERVATION

Parsnips can be preserved by freezing. It's not recommended to can parsnips or any other tuber vegetables using the water bath method.

## HOW TO PREPARE

1. Preheat the oven to 425 ° F.
2. Rinse the parsnips.
3. Cut the parsnips in slices or chunks.
4. Place on baking tray and lightly oil.
5. Sprinkle with spices, salt, pepper.
6. Roast for 20 minutes, flip, and roast for another 15-20 minutes.

Roasted parsnip can be added to fall salads, soups, and stews.

## RECIPES FROM HDFFA

*with parsnips*

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- Tuna Cakes and Roasted Root Vegetables
- Add parsnips to holiday Roasted Squash

GO TO [HDFFA.ORG/COOKINGCOUNTS](https://www.hdfffa.org/cookingcounts)  
OR SCAN CODE TO FIND OUR RECIPES

