



— DID YOU KNOW —

# PARSNIPS

## EAT MORE PARSNIPS

Parsnips are a cream-colored tasty root vegetable that have been enjoyed around the world for thousands of years. They closely resemble the appearance of a carrot and are a member of the Apiaceae family along with parsley, celery, fennel and carrots.

Consuming foods high in Vitamin C, like parsnips, keep our immune system strong and able to fight off the common cold and other sicknesses, while also helping our bodies recovery quickly. Research has shown it may help ease symptoms if taken at the start of a cold.

Parsnips contain an abundance of healthful phytonutrients - noteworthy poly-acetylene antioxidants could help reduce risk of chronic conditions like cancer, diabetes and heart disease.

As a great source of both soluble and insoluble fiber, parsnips provide 26% of your daily fiber needs through one cup. Daily consumption of fiber supports regularity and digestive health, regulates blood sugar levels, and enhances heart health.

One half-cup of cooked parsnips provides a great source of vitamin C, folate and fiber, all for less than 60 calories. This root vegetable is a nutrient-dense powerhouse.

## NUTRITION FACTS

1 Medium

Per Serving	Amount Per Serving
Calories	100
Calories from Fat	4 g
Total Fat	0.4 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	13 mg
Carbohydrates	24 g
Fiber	7 g
Total Sugar	6 g
Protein	2 g



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## HOW TO SELECT, STORE & EAT

Parsnips can be found stacked in grocery store produce aisles or at local farmers markets. They tend to be a favorite fall produce item, though January is peak season for parsnips because they taste best harvested right after a frost. When these root vegetables are exposed to cold temperatures, the starch converts to sugar when they are still in the ground before harvest, bringing out that sweeter taste. You can keep parsnips for a few weeks when stored loosely wrapped in plastic within the refrigerator.

When shopping, choose firm, bright parsnips that feel heavy for their size and have pointy, firm tips at the ends, not shriveled. The smaller sized parsnips may have more flavor, as the larger ones sometimes have a woodier core with less taste. For preparation, always wash, scrub and gently peel parsnips, as you also would do for carrots. Due to their higher sugar content, they cook much quicker, so be cautious to not overcook them.

Parsnips can be mashed, roasted, sautéed, boiled, baked, grilled or even eaten raw. They add rich flavor and sweetness to many different dishes. They are most commonly found in soups, stews, stir-fries casseroles, gratins and purees. Below are a few new ways to add parsnips to your diet:

- Combine parsnips with mushrooms and lentils for a vegetarian shepherd's pie
- Mash parsnips in place of potatoes, and mix with lemon and your favorite herbs and spices
- Bake sliced parsnips in the oven to make some crisp vegetable chips as a healthy snack
- Toss with olive oil and spices to roast alongside carrots as a side dish
- Add them as a vegetable in one of your slow cooker stew recipes

<https://www.britannica.com/topic/list-of-plants-in-the-family-Apiceae-2038061>  
<https://www.healthline.com/nutrition/parsnip>  
<https://fdc.nal.usda.gov/fdc-app.html#/?query=parsnips>