Baked Parsnip Chips

Yield: 4 baking sheets

Ingredients:
- 10 lbs parsnips
- 9 Tbsp. oil (olive or canola)
- 2 tsp. salt
- 1 tsp. pepper

Directions:
1. Preheat oven to 350º F.
2. Wash parsnips. No need to peel. Chop off tops and ends.
3. Slice parsnips very thinly, lengthwise. A U-shaped peeler is a great way to do this, then cut the long strips in half.
4. Spread on baking sheet, and toss in oil, salt and pepper.
5. Bake in preheated oven until the outside is crispy with brown edges, tossing occasionally, for 20-25 minutes. Serve immediately.

Food Service Tip:
You can use your food processor to quickly make lots of chips. Wash parsnips, then cut off tops and ends. Chop parsnips in half, then place lengthwise into processor with slicing attachment, to create ribbon-like, thin chips.

Roasted Parsnips & Carrots with Honey

Yield: 50 ¼ cup servings; 50 ¼ cup servings of other vegetable and of red/orange vegetable

Base Ingredients:
- canola or olive oil
- 6 lbs parsnips
- 6 lbs carrots
- salt and pepper, to taste

Glaze Ingredients:
- ¼ cup honey
- ¼ cup butter

Directions:
1. Preheat oven to 400º F.
2. Wash vegetables and chop into chunks.
3. Toss in just enough oil to coat and salt and pepper.
4. Arrange in a single layer on a sheet pan.
5. Roast for 45 minutes, or until tender; stir occasionally.
6. Glaze: While the veggies roast, make your honey glaze in a small saucepan. Melt butter on low heat, then stir in honey. As soon as they are combined, turn off the heat.
7. Top roasted veggies with glaze and serve hot.

Tidbit

Parsnips are a nutty, sweet, hearty root vegetable that flourishes in cold climates and can land on your plate in winter or early spring. They resemble carrots, but are white-yellow in color. Add them to soups, stews and salads or serve them as a delectable side dish.

Mini Activities

- Do a taste test with parsnip, turnip and carrot sticks along with a simple, healthy dip, such as homemade yogurt-based ranch.
- Match the veggie with its name: parsnip, turnip, carrot, radish, rutabaga and beet.
**Benefits**

- Parsnips are an excellent source of vitamin C, B9 (folic acid), and the mineral potassium. They also contain: B5 (pantothenic acid), B6 (pyridoxal phosphate) calcium, copper, magnesium, and phosphorus.
- Parsnips are generally a great detoxifying food for the body.

**Selection Tips**

- Look for firm, crisp parsnips; avoid any that easily bend or have soft, moist or brown spots.
- Parsnips are most tender at ~8”. Smaller parsnips will be sweeter and more tender—these are good for eating raw. Parsnips that have been overwintered will also taste sweeter.
- If greens of the parsnips are still attached, make sure they are not wilting and dull in color.

**Storage Tips**

Can be stored in a refrigerator; in a perforated plastic bag or in a root cellar for 3-4 weeks.

**Cooking Tips**

- Scrub parsnips thoroughly, and chop off the tops and bottoms, then peel if you desire.
- Peeled parsnips turn brown quickly, so cook right away or hold in a bowl of water with a little lemon juice, until ready to cook.
- To bake: Put whole or cut-up parsnips in a covered baking dish for 20-30 minutes, at 350° F.
- To roast: Use whole or cut-up chunks of parsnips mixed with olive oil, your choice of herbs and salt and pepper. Place in a shallow pan that’s lightly oiled and roast at 400° F, until tender. This is a great opportunity to mix in other root veggies: beets, carrots, potatoes, rutabagas, turnips.
- To steam: It is best to steam parsnips rather than boil them, as this will better retain their flavor. Place in a steamer over boiling water: for whole parsnips, 20-30 minutes, for cut-up, 5-10 minutes.
- To microwave: Place chunks in a covered dish with a few tablespoons of water for 4-6 minutes.
- If you grow your own, be sure to wear gloves when you are harvesting parsnips, as the oils in the leaves can give you a rash!

**Kid-Friendly Eating Tips**

- Cut raw parsnips into strips (like carrots) and eat with dip.
- Shred raw parsnips, sprinkle with lemon juice to prevent browning, and add to a salad.
- Purée or mash up parsnips like you would potatoes; this would also be a great base to a soup.
- Add diced parsnips to a soup, stew or casserole.
- Substitute parsnips for carrots in a recipe.

Sources: Green Mountain Farm-to-School, Simply in Season, UVM Extension, VT Department of Agriculture, VT Department of Education, VT FEED, Vermont Fresh: A Fruit and Vegetable Guidebook, The Visual Food Encyclopedia, Windham County Farm to School.

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