

Market District Demo Recipes

Side Dish



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Carrot and Parsnip Mash

Serves: 8

Modified from: www.rachelraymag.com

Items Needed: cutting board, chef knife, vegetable peeler, measuring cup, measuring spoon, large pot, immersion blender or standing blender

Ingredients:

- 1 lb. parsnips, peeled and cut into 2 inch pieces
- 1 lb. carrots, peeled and cut into 2 inch pieces
- ¼ c. snipped chives
- 2 Tbsp unsalted butter
- 1 tsp salt
- ½ tsp black pepper

Directions:

1. Place the parsnips and carrots into a large pot and cover with enough water to cover by 2 inches.
2. Bring to a boil over high heat, then reduce heat to medium-low, cover and simmer until tender, 15 to 20 minutes.
3. Drain; return vegetables to pot. Turn heat to low, stir in the chives, butter, salt, and pepper.
4. Begin to puree mixture using an immersion blender, puree until mixture is smooth. If you don't have an immersion blender, you can transfer the mixture to a standing blender and puree until smooth, working in batches and adding liquid if necessary. If you prefer chunkier mash, you can mash with an old-fashioned potato masher.

Nutrition Information (per 1/8 of recipe):

Calories: 90 Fat: 3 g Carbs: 11 g Protein: 1 g Fiber: 4 g Sodium: 331 mg