

Fall 2001 Recipes

Side Dishes

Thai Spiced Parsnips

If your parsnips are large, trim out the tough center core before slicing.

Serves 4

Provides 1 1/2 vegetable servings per person

- 2 teaspoons canola oil
- 1 red chili pepper
- 2 inches peeled gingerroot, cut into thin slices
- 1 pound medium parsnips, peeled and cut into 1/4-inch slices (3 cups)
- 1 cup low-sodium vegetable broth
- 1/4 teaspoon salt
- 1 teaspoon cornstarch mixed with 1 tablespoon of water (slurry)

Garnish (optional)

- 2 tablespoons chopped mint
- 1 tablespoon toasted sesame seeds

1. Heat the oil in a high-sided skillet on medium high. Sauté the chili pepper and ginger slices for 2 minutes to break out the flavors. Add the parsnips and cook until golden brown, about 5 minutes.

2. Pour the broth into the pan, cover and cook until the parsnips are tender. Add the salt, remove the chili pepper, and stir in the slurry. Heat to thicken and serve topped with mint and sesame seeds.

Nutritional Analysis

Per Serving:

134 calories
4 g fat
27% calories from fat
1 g saturated fat
7% calories from saturated fat
24 g carbohydrates
277 mg sodium
6 g dietary fiber