



## BENEFITS

### For its divinely sweet taste!

This fleshy root vegetable, similar to the carrot, is infused with a sweet aroma. Its unique flavour is reminiscent of hazelnuts. The parsnip becomes even sweeter when exposed to frost while still in the ground. The cold converts its starch to sugar.

### Because it's a force of nature!

Often neglected because it is associated with famine, this vegetable can be grown just about anywhere, in any conditions. Parsnips go great in all kinds of recipes, and are equally delicious steamed, boiled, grilled, braised or roasted.



## WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.



## PARSNIP SALAD

Portions: 2 to 3  10 min

### Ingredients

- 2 to 3 parsnips, grated
- 1 carrot, grated
- 1 apple, grated
- 5 ml (1 tsp) honey
- 30 ml (2 tbsp) lemon juice
- 15 ml (1 tbsp) olive oil
- 1 pinch Cayenne pepper
- Salt and pepper to taste
- Fresh herbs to taste (parsley, mint, coriander)

### Directions

1. Combine the first 3 ingredients in a salad bowl.
2. In a small bowl, whisk together the remaining ingredients and pour the desired quantity over the first mixture. Toss to combine.
3. Season to taste.

Source: Julie Strecko, RD



## PARSNIP AND PEAR VELOUTÉ

Portions: 4  5 min  25 min

### Ingredients

- 1/2 onion
- 10 ml (2 tsp) olive oil
- 4 to 6 parsnips (2 to 3 cups), diced
- 1 to 2 pears (1 to 1 1/2 cup), diced
- 750 ml (3 cups) water
- 300 ml (1 1/4 cup) soft tofu
- Salt and pepper to taste

### Directions

1. In a large saucepan, sauté the onion in the oil 2 to 3 min, or until browned.
2. Add the parsnip, pear and water and cook 20 min.
3. Purée in the blender.
4. Add the tofu and blend again.
5. Season to taste.

Source: Julie Strecko, RD



### TIP!

For greater tenderness, choose parsnips that are firm, smooth and fairly small.

