

Recipes
from the

VEGGIE MOBILE®

Produce Aisle On Wheels

Parsnip Fries

Ingredients:

- 1 Pound of Parsnips, chopped
- 2 Cloves of Garlic, minced
- 1 Tsp of Turmeric Powder
- 3 tbsp of olive oil
- salt & pepper to taste

Directions:

1. Preheat oven to 400 degrees.
2. Wash and peel parsnips, then mince garlic
3. Cut parsnips into long thin pieces, like french fries!
4. Add parsnips, garlic, turmeric powder, olive oil, salt and pepper into a bowl—mix
5. Arrange parsnips on a baking sheet in a single layer—cook for 30 minutes or until golden brown on the edges

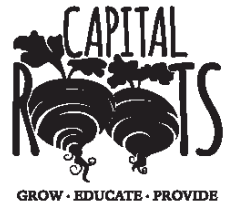
Enjoy!



Who knew?

Parsnips are a good source of **fiber** and **Vitamin C**. They are also close **relatives** to **carrots!**

518-274-8685
594 River Street, Troy
vegvan@capitalroots.org
www.capitalroots.org



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