

## PARSNIPS

Parsnips have an earthy sweetness that works in a lot of different dishes and cuisines. Try them roasted, riced, mashed or noodle-d for fun ways to add more veggies to your diet.

### ROASTED PARSNIPS

This is probably the best place to start because who doesn't love roasted vegetables? Roasting caramelizes all the parsnip's natural sugars, turning them into addictively sweet little veggie nuggets. And it's so easy! Just toss the parsnip chunks in oil and salt directly on the [baking sheet](#) and throw them in the oven. You can serve these as you would any roasted vegetable – with chicken, beef, pork or other veggies. They're great in a roasted veggie hash topped with eggs. You can even turn roasted parsnips into a roasted parsnip soup.

### PARSNIP RICE

I'm certain you have heard of [cauliflower rice](#). As a grain-free, low-carb alternative to rice, it's pretty much swept the internet and has gone from Trend to Established Thing. You can buy bags of frozen cauliflower in almost any grocery store. It's so popular that you can also now buy regular or frozen veggie rice of all sorts, like beet, broccoli or sweet potato. But I'm surprised I'm not seeing more about parsnip rice. It has the same white color as regular and cauliflower rice, plus its own fuller flavor. Use this parsnip rice recipe as you would any kind of rice, especially if you're serving something with a [delicious sauce](#) you don't want to go to waste. It's great topped with [stews](#) or [chili](#), mixed into salads as a kind of "grain" salad, or tossed with dried fruits, nuts and herbs for an addictively tasty pilaf. It's easy to make in a [food processor](#) but you can also use a regular [box grater](#).

### MASHED PARSNIPS

I get it. Nothing will top mashed potatoes in most kitchens. And I'm not saying mashed parsnips should. BUT! If you're looking to mix it up, this mashed parsnip recipe is a great way to do it. Just cook the parsnips until soft, add some butter or other fat and mash. It's just as thick and creamy as mashed potatoes without adding a ton of butter or cream. Or, keep mashing until you have a smooth puree. Either way, you have a great accompaniment to tons of dishes, like stews, chili, steak, roast chicken or roast pork. And, like parsnip rice, it's particularly useful if you want to soak up sauces and gravies.

### PARSNIP NOODLES

My noodles of choice are gluten-free, and I don't eat them as much as I used to. But still, they're there and they're not going anywhere. But that doesn't mean there's not room for other kinds of noodles, especially if they bring their own flavor and textures to a dish. So parsnip noodles have become one of my go-to lunch and dinner veggies. They're so easy to make. You just peel them and then...keep on peeling (you don't need anything fancier than [this](#)). You can cook them right in the same pan as your other ingredients and you have a full-on noodle dinner in no time flat.

Roasted – Roasted Parsnip Soup

Mashed – Mashed with Garlic and Brown Butter Sage

Riced – Parsnip Fried Rice

Noodled – Parsnip Noodles with Sundried Tomato Pesto

## The 4 Best Ways to Cook Parsnips

Prep Time - 10 mins  
Cook Time - 45 mins  
Total Time - 45 mins

Course: Side Dish  
Cuisine: American  
Servings: 4 people

### Roasted Parsnips

- 1 lb. parsnips (about 2)
- 2 tbsp. cooking fat of your choice, such as avocado or olive oil, ghee or coconut oil
- 1/2 tsp. fine sea salt
- 1/4 tsp. black pepper
- Heat the oven to 425 degrees.

Peel the parsnips and trim off both ends. Cut the thinner part into roughly 1-2" chunks. Cut the thicker parts into 1/2" slices, and then halve or quarter those slices if the parsnip is very thick.

Toss the parsnips on a large baking sheet with the cooking fat and salt. Spread out into one layer, making sure there's room between each piece so roast, not steam.

Roast for 35-45 minutes, depending on the thickness of your slices, tossing halfway through. Sprinkle on the black pepper, toss and pour into a serving bowl. Serve warm.

*Roasted Parsnip Soup recipe attached*

### Parsnip Rice

- 1 lb. parsnips (about 2)
- 1 tsp. fine sea salt
- 1/2 tsp. black pepper (optional)

Peel the parsnips and trim off both ends.

To rice them, you have two options. You can chop them and pulse them in a food processor until they're the size of rice. Or you can leave them whole (peeled and trimmed) and grated using the large holes of box grater. I tend to hold the thinner end and start grating the thicker end first. The grater will make it look more like shredded parsnip than rice, but it still works well.

*Parsnip Fried Rice recipe attached*

## Mashed Parsnips

- 1 lb. parsnips (about 2)
- 2 tbsp. ghee or grass-fed butter, plus more for the top
- 15-20 fresh sage leaves
- Pinch nutmeg
- ¼ cup water, broth or non-dairy milk of your choice
- Salt and pepper to taste, plus more for boiling water

Peel the parsnips and trim off both ends. Chop into 2" pieces.

Add parsnips to a pot and cover with water by 2 inches. Bring to a boil, add salt and cook for 15 minutes or until very tender.

While the parsnips cook, melt ghee or butter over medium heat in a small pan. Swirl often until just melted, 2-3 minutes. Add the garlic and continue to cook until garlic is light brown and fragrant and butter solids are slightly browned, 3-4 minutes longer. It will get foamy and hard to see the bottom of skillet, use the spatula to drag through the butter. Add sage leaves and cook about 1 minute longer until sage crackles and is dark green and crisp. Remove skillet from heat. Hot tip: If you think things are getting too dark, add a splash or two of water to hot pan; this will halt the browning process. Remove sage leaves and drain on paper towel. Add milk, nutmeg, salt and pepper to browned butter to sauce pan.

Drain the parsnips and add them back to the bowl. Add brown butter sauce and crumbled sage (except for 5 leaves).

Mash with a potato masher. Keep mashing until it's the consistency you like. If it's too thick, stir in a little water, broth or milk a tablespoon at a time until you like it. Serve warm with more ghee or butter and whole sage leaves on top.

## Parsnip Noodles

- 1 lb. parsnips (about 2)
- 1/2 tsp. fine sea salt
- 1/4 tsp. black pepper
- 2 tbsp. cooking fat of your choice, such as avocado or olive oil, ghee or coconut oil

Peel the parsnips and trim off the smaller end. Discard the peels.

Holding the parsnips by the larger end, continue peeling, rotating the parsnip after every peel. Keep peeling and rotating until you're almost down to the core. At some point the thinner end of the parsnip will probably become too thin to peel anymore. That's okay! Just keep peeling the thicker end until you naturally can't anymore.

Heat the oil in a large skillet over medium heat. Once hot, add the noodles, salt and pepper and toss until coated in the oil. Cook, tossing occasionally, until the noodles have softened and begun to shrink. Some will brown and caramelize, which is good. Remove from the pan when it's the consistency you like.

Toss with your favorite pesto sauce. Garnish with parsley.