

# We are celebrating parsnips!

**Parsnips are packed with fiber, folate and vitamins C and K.**

*Did you know?*

*Parsnips are a cold-weather root vegetable closely related to carrots, making parsnips and carrots the perfect pair for this month's recipe! Try Food Hero's Roasted Parsnips and Carrots.*



**Oregon State  
University**



Visit [FoodHero](https://www.foodhero.org) to find these recipes and many more healthy, tasty recipes that fit your budget!

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. For information on nutrition assistance through Oregon SNAP, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.