



Give Them More  
of the  
Good Stuff!

# Parsnip Basics

## Shop and Save



- Choose parsnips that are firm and dry with even color, from off-white to pale yellow.
- Choose small to medium parsnips (8 to 10 inches long) for the best flavor and texture.
- Large parsnips may have a thicker skin and woodier center but they are good cooked.
- Frozen parsnips may be found in the freezer section of some grocery stores.

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



## Cooking with Parsnips

- Parsnips have a mild sweet flavor like carrots and a fragrance like celery.
  - Large parsnips should be peeled and if the center is woody, cut the parsnip into smaller pieces and remove the center.
  - Parsnips can be served raw like carrots. Cut them into sticks for dipping or shred them for salads.
  - Parsnips go well with other root vegetables such as carrots, potatoes and turnips when roasted, mashed or added to soups and stews.

*Parsnips are related to carrots, celery, parsley and cilantro.*

## Store Well Waste Less

- Remove and discard any green stems before storing.
- Store parsnips in a loose plastic bag in the refrigerator for 3 to 4 weeks.
- Scrub with a clean vegetable brush under running water just before using.



- Put raw cut parsnips in a bowl of cold water with a splash of lemon juice or vinegar to keep them from turning brown if not using right away.
- Freeze parsnips for longer storage. Cut into 1-inch cubes and blanch for 2 minutes for best color and texture. Place in labeled freezer containers and use within 8 to 12 months.



1 pound of parsnips =  
about 4 medium  
parsnips =  
3 cups raw chopped  
parsnips =  
2 cups cooked  
parsnips



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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# Enjoy Parsnips

## Parsnip Soup

### Ingredients:

- 1 Tablespoon **vegetable oil**
- 2 cups chopped **onion**
- ½ cup chopped **celery**
- 3 cloves **garlic**, chopped
- ½ teaspoon **salt**
- ½ teaspoon **pepper**
- 3 cups chopped **parsnips** (1 pound)
- 1 cup peeled and cubed **potato**
- 4 cups low-sodium **vegetable broth**
- 1 cup **water**
- 1 Tablespoon **margarine** or **butter**

### Directions:

1. Wash hands with soap and water.
2. Heat the oil in a large saucepan over medium heat. Add the onion and celery and cook until soft, about 5 minutes.
3. Add the garlic, salt and pepper; cook for 1 minute.
4. Stir in the parsnips, potato, broth and water. Bring to a boil, then reduce heat to simmer for 20 minutes or until the parsnips and potatoes are soft.
5. Stir in the margarine or butter and let the soup sit uncovered for 5 minutes.
6. Puree the soup in batches in a blender, using the manufacturer's directions for pureeing hot liquids.
7. Heat the soup before serving, stirring in water if it seems too thick.
8. Refrigerate leftovers within 2 hours.

### Notes:

🌿 Make this soup your own with more seasoning. Start with 2 to 3 teaspoons ginger, curry powder, smoked paprika, cumin or thyme.

**Makes** 6 cups

**Prep time:** 20 minutes

**Cook time:** 40 minutes

Visit [Foodhero.org](http://Foodhero.org) for more easy, tasty recipes with parsnips

## Roasted Parsnips

### Ingredients:

- 1 pound **parsnips**
- 1 Tablespoon **vegetable oil**
- ¼ teaspoon **salt**
- ¼ teaspoon **garlic powder**
- ⅛ teaspoon **pepper**

### Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F.
3. Scrub the parsnips with a clean vegetable brush under running water and peel if large.
4. Cut the parsnips into 3 x ½-inch sticks or 1-inch slices. Aim for pieces that are about the same size.
5. Transfer the cut parsnips to a large bowl. Add the oil, salt, garlic powder and pepper and stir to coat the pieces.
6. Place the parsnips in a single layer on a large baking sheet. Leave at least ¼ inch between the pieces.
7. Roast the parsnips in the oven for 10 to 15 minutes, then stir and roast for another 10 to 15 minutes until tender and golden with some browning.
8. Refrigerate leftovers within 2 hours.

**Makes** 2 cups

**Prep time:** 10 minutes

**Cook time:** 30 minutes



**Kids Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- 🌿 scrub parsnips with a clean vegetable brush under running water.
- 🌿 measure and mix ingredients.
- 🌿 spread parsnips on a pan for roasting.