



# Fun With Parsnips!



Can you color the parsnip and draw in one of your own?



## Roasted Parsnips and Carrots



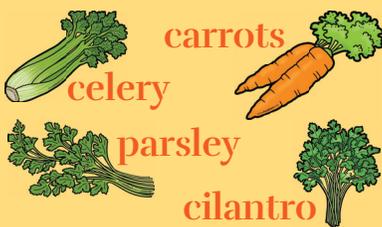
### Ingredients

- 1½ pounds **root vegetables** (parsnips, carrots or a mix), peeled
- 1 Tablespoon **oil**
- ¼ teaspoon **salt**
- ¼ teaspoon **garlic powder**
- ¼ teaspoon **black pepper**

### Instructions

1. Preheat oven to 400 degrees F.
2. Cut the vegetables into pieces of the same size, such as 1-inch thick slices, and place the pieces into a bowl.
3. Add the oil and stir to coat the vegetables.
4. Add the salt, garlic powder and black pepper and stir until the vegetables are well coated.
5. Place vegetables in a single layer on a large baking sheet, being careful not to overcrowd the pan.
6. Roast for 20 to 30 minutes, stirring the vegetables halfway through the time. The vegetables should be caramelized to a medium brown and blistered.
7. Refrigerate leftovers within 2 hours.

Which of these are parsnips related to?



Answer: All of them!

## Did you know?

Our bodies get fiber when we eat parsnips. Fiber helps keep the digestive system moving.



## Kids Can!



## Food Hero Cooking Class Challenge

Before cooking with parsnips, clean them under cold water by rubbing them with your hands or a vegetable scrub brush. This helps to get rid of any germs clinging to their skin.



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 SafeNet at 211. USDA is an equal opportunity provider and employer.

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