

Smashed Parsnips and Potatoes

Parsnips are a root vegetable related to celeriac, parsley, and carrots. In fact, they look like thick, white carrots. Try incorporating them into mashed potatoes—they impart a slightly sweet flavor that your kids are going to love.

What You Need:

- 1 pound parsnips, roughly cut into 2" pieces (look for parsnips that are uniform and firm, without deep ridges, blemishes, or withered roots)
- 2 pounds potatoes, roughly cut into 2" pieces
- 4 tablespoons unsalted butter
- 1/4 cup cream
- 3/4 cup milk
- 1/4 cup chicken stock
- 1/2 teaspoon garlic powder
- Salt and pepper to taste
- 2 tablespoons chives, chopped (optional)



What You Do:

1. Put the parsnips and potatoes in a pot and cover with cold water.
2. Set the pot over high heat and bring to a boil. Boil the parsnips and potatoes for about 15-20 minutes or until they are very tender. Test the tenderness by sticking a fork in a chunk of potato and parsnip. If the fork slides in easily, they're done.
3. While the potatoes and parsnips cook, melt the butter in a small saucepan over low heat.
4. Add the cream, milk, and chicken stock.
5. When the potatoes are done, drain well and return the vegetables to the pot.
6. Slowly pour the warm cream mixture over the potatoes and parsnips, then add the garlic powder.
7. Mash the potatoes well with a potato masher. If you have one, use a food mill or strainer, which will produce a creamier, smoother consistency. You can even use a food processor if you prefer.
8. Season to taste with salt and pepper.
9. Garnish with chopped chives if desired.

Enjoy while it's hot! Serve alongside Quinoa Meatloaf for a healthy, balanced dinner.

**This recipe is gluten free, peanut free, tree nut free, and can be vegetarian.

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