

Mashed Parsnips and Carrots

Serves 3. Per serving:
111 calories, 38 g fat, 18 g
carbs, (5 g fiber, 6 g sugar), 84
mg sodium, 1.4 g protein



Recipe from food.com

Ingredients:

1 1/2 cups parsnips: peeled,
cored and cut into 3/4 in
pieces

1 1/2 cups carrots, peeled
and sliced

1 Tbsp butter

1/4 tsp nutmeg

Dash of black pepper

Directions:

1. Place vegetables in a large pot; cover with water and bring to a boil.
2. Simmer until soft, approximately 20 minutes.
3. Drain and course mash. Add butter and seasonings and mix well.

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