

Sweet Glazed Parsnips

Number of servings: 4
 Preparation time: 10 minutes
 Total time: 20 minutes

Ingredients:

- 1 tablespoon olive oil
- 3 cups parsnip, peeled and cut into thin strips
- 2 tablespoons brown sugar
- 2 tablespoons tomato juice
- ¼ teaspoon salt
- 1/8 teaspoon ground black pepper

Equipment Needed:

Cutting board
 Knife
 Large non-stick skillet
 Wooden spoon
 Measuring spoons and cups

Directions

- Add olive oil to large nonstick skillet over medium heat. Add the parsnip and all other ingredients; stir until well blended.
- Cover and cook for 7 minutes or until tender, stirring occasionally.



Parsnips are a good source of fiber! Try this dish at your Thanksgiving feast.

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Nutrition Facts

Serving Size: ½ cup	
Recipe makes 4 servings	
Calories 111	
Calories from Fat 33	
Amount Per Serving	%DV
Total Fat 3.7g	6%
Saturated Fat 0.5g	3%
Monounsaturated Fat 2.5g	
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 154 mg	6%
Potassium 393 mg	11%
Total Carbohydrate 20g	7%
Dietary Fiber 5g	20%
Protein 1.3g	3%
Vitamin A	1%
Vitamin C	30%

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