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.

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%

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