

A cool-season comfort food without lots of calories

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(HealthDay)—If you've been relegating parsnips to the stock pot (their

sweetness enhances both chicken and vegetable broth) or have been skipping over them altogether, you're missing out on a hearty side-dish choice for fall evenings and winter holidays alike.

Think of parsnips as a healthy comfort food, because cooking them brings out their naturally creamy texture but without all the calories of potatoes. They're a good source of fiber, plus they have the B vitamin folate and vitamin C. And you don't have to turn on your oven to get all that goodness when you roast them on top of the stove with a sweet maple glaze.

Pan-Roasted Parsnips

- 1 pound parsnips
- 2 tablespoons [olive oil](#)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground [black pepper](#)
- 2 tablespoons maple syrup
- 2 tablespoons apple cider vinegar
- 2 tablespoons chopped parsley or 1 teaspoon fresh thyme leaves

Peel the parsnips and cut into 2-inch long chunks. Heat a large skillet over medium heat. Add the oil and the parsnips. Sprinkle with salt and pepper and toss with tongs to coat. Cover and cook for 6 to 7 minutes over low heat, turning occasionally, until the parsnips start to brown and soften. Carefully add 2 tablespoons of water and cover to steam through, about 2 more minutes. Check for doneness. If not tender enough, cook for 2 more minutes. Add the [maple syrup](#) and vinegar, toss and [cook](#) one minute more. Sprinkle with parsley or thyme and serve immediately.

Yield: 4 side-dish servings

More information: The University of California, Berkeley, has more on [parsnips](#) including buying tips.

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