



UNDERGROUND VEGETABLES

Baked Parsnip Chips

~10-20 chips per parsnip

INGREDIENTS

Parsnips
Oil
Salt & Pepper



INSTRUCTIONS

1. Preheat oven to 350°F. Oil a baking sheet.
2. Slice parsnips very thinly.
3. Toss slices in a bowl with oil, salt, and pepper and spread on a baking sheet.
4. Bake in preheated oven until the outside is crispy, shaking occasionally, for 15-20 minutes.
5. Serve immediately.

Use any leftover trimmings to make vegetable broth.

Mashed Parsnips

18 ¼-cup servings

INGREDIENTS

2½ lbs. parsnips, peeled and quartered
1 Tbsp. fresh lemon juice
4 Tbsp. unsalted butter, melted
½ cup milk
Salt and pepper to taste
2 Tbsp. snipped fresh chives



INSTRUCTIONS

1. Place the parsnips in a saucepan with water to cover. Add the lemon juice.
2. Simmer for 20 minutes or until very tender; drain.
3. Mash, adding the butter and cream. Season with salt and pepper.
4. Serve immediately, garnish with snipped chives.



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You can also use these recipes with other root vegetables like carrots and beets.

Turnip Fries

16 ½-cup servings

INGREDIENTS

- 3 lbs. turnips
- 1 Tbsp. vegetable oil
- 1/3 cup grated parmesan cheese
- 1 tsp. garlic salt
- 1 tsp. onion powder

INSTRUCTIONS

1. Preheat oven to 425°F. Grease a baking sheet.
2. Peel the turnips and cut into French fry-sized sticks, about 1/3 by 4 inches. Place into large bowl and toss with the vegetable oil to coat.
3. Place the parmesan cheese, garlic salt, onion powder in a resealable plastic bag, and shake to mix. Place the oiled turnips into the bag and shake until evenly coated with the spices.
4. Spread out onto the prepared baking sheet.
5. Bake in oven until the outside is crispy and the inside is tender. About 20 minutes.
6. Serve immediately.



Glazed Root Vegetables

40 ¼-cup servings

INGREDIENTS

- 5 lbs. white turnips, peel and dice, can also mix with familiar root vegetables such as carrots
- 3 Tbsp. butter
- Maple syrup

INSTRUCTIONS

1. Cover turnips with boiling water. Cook 15 minutes; drain.
2. Put turnips, butter and syrup in a skillet.
3. Sauté until glazed, stirring occasionally.





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Winter Root & Apple Salad

INGREDIENTS

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| 1 small sweet onion, peeled & finely diced | 1 large celeriac* |
| 1 Tbsp minced garlic | 2 large carrots |
| 4 Tbsp whole grain mustard | 10 cups cabbage |
| 2 Tbsp apple cider vinegar or apple cider | 4 large apples, unpeeled and cored |
| 2 Tbsp local honey | Salt and pepper to taste |

INSTRUCTIONS

1. *Make the dressing:* In a medium bowl combine the onion, garlic, mustard, apple cider vinegar, and honey. Mix well and set aside.
2. Peel all the skin from the celeriac with a paring knife. Grate the celeriac, carrots, and cabbage coarsely with a food processor. Set aside. Grate the apples with the box grater or food processor.
3. Add the grated roots and apples to the dressing and toss gently. Season with salt and pepper to taste. Set aside for at least 10 minutes before eating.

**Celeriac, also called celery root, is grown for its globular root, which has a taste that is similar to a blend of celery and parsley. It stores well in Vermont throughout the winter.*

Roasted Cabbage

10 ¼-cup servings*

INGREDIENTS

- Green or red cabbage
- Olive oil
- Salt & pepper to taste

INSTRUCTIONS

Preheat oven to 400°F

1. Chop cabbage into big chunks.
2. Toss cabbage with olive oil, salt, and pepper.
3. Arrange in a single layer on a cookie sheet.
4. Bake until golden brown, serve hot!

**per pound of untrimmed raw cabbage*