



Washington Farmers
Market Nutrition Program

Parsnip-Carrot Gratin

Makes 4 servings



Ingredients:

- 3 parsnips, peeled & cut into 1/4 inch slices
- 3 carrots, peeled & cut into 1/4 inch slices
- 1 Tbsp chopped fresh parsley *or*
2 tsp dried parsley
- 1/4 cup fat-free chicken or vegetable broth
- 1/4 cup water
- 2 Tbsp bread crumbs
- 1 Tbsp parmesan cheese

Directions:

1. Preheat oven to 350 degrees.
2. Place vegetables in a lightly greased 8 inch baking dish and pour broth and water over vegetables.
3. Sprinkle bread crumbs and parmesan cheese on top.
4. Cover and bake for 45 minutes or until tender.



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Nutrition Facts	
Serving Size (214g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 10
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 390mg	16%
Total Carbohydrate 32g	11%
Dietary Fiber 6g	26%
Sugars 10g	
Protein 4g	
Vitamin A 200% • Vitamin C 35%	
Calcium 8% • Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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Options

- To reduce sodium, use a low-sodium broth.
- Try another fresh herb instead of parsley.
- Substitute turnips, rutabaga, or butternut squash for parsnip or carrot.
- Refrigerate leftovers for up to 5 days.

Recipe adapted from *Food for Health*. This material funded by USDA's Food Stamp Program; the Farmers Market Nutrition Program; and Washington State University. Washington State University is an equal opportunity provider and employer.

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