

## Roasted Parsnips

By Andrea Romeyn, Providence Organic Farm & CSA

Serving Size: 4-6



2 large parsnips, washed, trimmed and cut into 1/4-inch pieces

1 tablespoon coconut oil or olive oil

Sea salt and freshly cracked pepper or...nutmeg for a wonderful blend of flavors.

Preheat oven to 425 degrees and adjust oven rack to middle position. Toss parsnips with coconut oil and season generously with sea salt and pepper. Pour out onto an oiled baking dish in a single layer. Roast for 15 minutes and then stir parsnips. Roast for another 10 minutes until golden brown. Serve immediately.

## Spiced Parsnip Soup BY BUTTERCUP BENTO ON ALLRECIPES.COM

"Yummy simple soup without too much heat, excellent for a wintery starter to a dinner party. The spice works wonderfully with the sweetness of the parsnips. Serve with crusty white bread and butter." SERVES 4

2 tablespoons butter

1 pound parsnips, peeled and cubed

2 teaspoons curry powder

3 1/4 cups boiling water

salt and pepper to taste

1 medium onion, chopped

1 clove garlic, finely chopped

1 cube chicken bouillon

1/2 cup heavy cream

1 pinch red pepper flakes or paprika for garnish

Melt the butter in a large saucepan over medium heat. Fry the onion in butter until soft, about 5 minutes. Add the parsnips, garlic and curry powder, and fry for a couple of minutes to release the flavors. Mix the bouillon cube into the boiling water, and pour into the saucepan. Stir to remove any bits of vegetable from the bottom of the pot. Simmer for 15 minutes or until parsnips are soft and easy to break with a wooden spoon.

Remove from the heat, and blend with a hand mixer or immersion blender. Stir in the cream, and heat through. Do not boil. Season with salt and pepper to taste, and garnish with red pepper flakes or paprika.

## Excellent Spinach Recipe

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(I made this up because my then 2, 4, 7 and 11 year olds weren't into spincah. I actually yelled at my kids for not saving any spinach for their dad!

Easily switch out spinach for any green!)

**Serves 6-8**



1.5 pounds spinach

1 pound thin sliced ham or bacon (Vegetarian's may omit and still have a treat!)

2/3 cup shredded Parmesan Cheese

1/4 cup Balsamic vinaigrette

Directions:

Preheat Oven to 400°

Put clean, patted dry spinach, in a large bowl.

Stir in Balsamic vinaigrette, until evenly coated

1. Put 1/3 of the spinach down on a 11 x 13 jelly roll sheet pan (or cookie sheet)
2. Sprinkle evenly with 1/3 of Parmesan Cheese
3. Lay 1/2 of strips of thin cut ham or bacon.

Repeat steps 1-3.

Now lay the last 1/3 of the spinach on top, and then sprinkle with the last 1/3 of the Parmesan cheese.

Bake at 400° until thin cut ham or bacon is done. I cut ours with a pizza cutter. It is easy to over eat, so watch out! We prefer it on the crispy side.

## Yum Spinach Smoothie! Providence Organic Farm & CSA

Serves 2

1 1/2 cups almond milk

3-5 dates or figs

2 handfuls spinach

2 Tbls hemp or chia seeds & 1 ripe banana & ice. Blend & enjoy!

