

## Parsnip Soup

- 2 lbs parsnips, peeled and woody core removed
- 3 medium carrots, peeled and cut into matchsticks
- 1 small yellow or white onion, peeled and cut into eights
- 1 Tbsp canola or vegetable oil
- 1 cup balsamic vinegar
- 2¼ cups reduced-sodium chicken or vegetable broth
- 2¼ cups skim milk
- ½ tsp salt
- ¼ tsp pepper

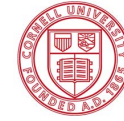
1. Position rack to lower third of oven; preheat to 450°F.
2. Toss parsnips, carrots, onion, oil, ½ tsp salt, and pepper in a roasting pan. Roast, stirring every 10 min. until soft and beginning to brown, about 40 min.
3. Boil vinegar in a small saucepan until syrupy and reduced to about ¼ cup, 10-14 min. Watch carefully during final minutes to prevent burning. Remove from heat.
4. Puree half of the parsnip mixture in a blender until very smooth; transfer to a large saucepan. Puree the second half with the milk until very smooth; add to the saucepan.
5. Reheat soup over medium heat for about 5 minutes. Ladle into bowls and drizzle with balsamic syrup.



Makes: 6 servings

### Nutrition Information:

CALORIES 230 (13% from fat); FAT 3g (sat 0g); CHOLESTEROL 0mg; SODIUM 250mg; CARBOHYDRATE 44g; FIBER 9g; PROTEIN 6g; CALCIUM 20%; IRON 8%



## Warm Apple-Onion Slaw

- 2 medium apples, peeled, cored, and thinly sliced
- 1 medium onion, halved and thinly sliced
- 1 medium head purple cabbage, shredded
- 2 Tbsp parsley, chopped
- 1 Tbsp olive or vegetable oil
- ¼ cup water
- Apple cider vinegar to taste
- ½ tsp salt
- Pepper to taste



1. Heat oil in a large skillet over medium-high heat.
2. Add sliced onion and cook until softened. Add apple slices and cook for an additional 2 minutes.
3. Add cabbage along with a splash of cider vinegar and water. Cook until the cabbage is softened but still retains most of its crispness.
4. Stir in the chopped parsley and season with ½ tsp salt and pepper to taste.

Makes: 6 servings

### Nutrition Information:

CALORIES 100 (20% from fat); FAT 2.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 220mg; CARBOHYDRATE 19g; FIBER 6g; PROTEIN 2g; CALCIUM %; IRON 4%