

# Apple-Parsnip Mash

*Martha Stewart Living, Nov. 2010*



## **Servings: 4**

1. In a medium saucepan, combine parsnips, apples, and water. Cover and bring to a boil over medium-high. Reduce heat to medium and cook, covered, until parsnips are completely tender, 25 to 30 minutes.
2. Transfer mixture to a food processor, add unsalted butter, and process until smooth. Season with coarse salt and ground pepper.

**1 pound parsnips, peeled and cut into 1/2-inch pieces**

**1 pound apples (such as Honeycrisp or Fuji) peeled, cored, and cut into 1/2-inch pieces**

**1 cup water**

**1 tablespoon unsalted butter**

**Coarse salt and ground pepper**

Per Serving (excluding unknown items): 159 Calories; 4g Fat (18.7% calories from fat); 1g Protein; 33g Carbohydrate; 8g Dietary Fiber; 8mg Cholesterol; 12mg Sodium. Exchanges: 1 Grain(Starch); 1 Fruit; 1/2 Fat.

**Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>**