

Parsnips with Garlic and Whole Wheat Crumbs

1 # parsnips, sliced
2 slices whole wheat bread, rubbed into crumbs
2 tsp. olive oil
2 Tbsp. minced fresh basil, or approx. 1 tsp. dried
2 cloves garlic, minced
Pinch of sea salt



Steam the parsnips over boiling water until they're tender, 10-12 minutes. Drain and pat dry. Preheat a sauté pan, then heat the olive oil on medium-high heat and add the garlic, crumbs, basil, and salt. Sauté until the ingredients are fragrant and heated through, about 2 minutes. Add the parsnips and stir to combine. Serve warm as a side dish for lunch or dinner.

Comments: This is a good warm-up for those of you unfamiliar with parsnips. You will want to use real bread crumbs, and a heartier, nuttier flavored bread will help the flavor of the dish. This is a good option for a vegetable side dish.