

Irish Carrots and Parsnips

8 oz. carrots

8 oz. parsnips

1 tablespoon vegetable broth

1 tablespoon parsley, chopped

salt and pepper

1. In a medium saucepan, simmer carrots and parsnips until tender. Drain.
2. Combine carrots, broth, parsley, salt and pepper in a mixing bowl. Mash together.
3. Serve.

Serves 4.

Per serving (1/2-cup):

51 calories,

1.0 g protein,

12 g carbohydrate,

0.2 g fat,

0 mg cholesterol,

32.7 mg sodium.