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.

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.