

# Parsnip & Potato Hash (PKU-Friendly)

*Parsnips are a versatile root vegetable that can be served baked, mashed, roasted, stewed, or fried. They are full of both soluble and insoluble fiber which keep your gut bacteria healthy and happy!*

YIELD 8 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 35 MIN
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	PHE	Simplified PKU Protein
Serving	53mg	0.5g
Recipe	426mg	4g

## INGREDIENTS

1 medium	Potato, russet or Yukon gold, small dice, about 1/4" cubes (6 oz.)
3 medium	Parsnip, small dice, about 1/4" (8 oz. after peeling)
1/2 each	Onion, small dice (4 oz.)
1/2 each	Red Bell Pepper, finely diced (3 oz.)
3 medium	Carrot, peeled, finely diced (7 oz.)
1 Tbsp	Olive Oil
1 tsp	Thyme, fresh, chopped (or 1/2 tsp dried)
1/2 tsp	Garlic Powder
1/2 tsp	Smoked Paprika
1/2 tsp	Kosher Salt
1/4 tsp	Red Pepper Flakes (optional)

## CHEF'S NOTES

Serving Size = 1/2 cup

Parsnips have a sweet and earthy flavor when roasted that complements our BBQ Pulled 'Pork' Tacos.

This recipe can be tailored to your taste and protein tolerance. The potatoes can be omitted completely or can be bumped up based on your individual preference.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat the oven to 425°F and line a sheet tray with parchment paper or foil.
2. In a large mixing bowl, combine the diced potatoes, parsnips, onion, bell pepper, and carrot. Add the olive oil and toss the vegetables so they are evenly coated with the oil. Add the thyme, garlic powder, smoked paprika, salt, and red pepper flakes (if using), and mix the vegetables so they are evenly seasoned.
3. Transfer the vegetables in an even layer to the prepared sheet tray and bake for 10 minutes. After 10 minutes, toss and bake for another 10 minutes, until the vegetables are tender and crisped on the edges.
4. Remove from the oven. Serve immediately and enjoy!

# Nutrition Facts

8 servings per container

**Serving Size** 1/2 cup (182 g)

**Amount per serving**

**Calories** 140

**% Daily Value \***

**Total Fat 4g** 5%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol 0mg** 0%

**Sodium 280mg** 12%

**Total Carbohydrate 25g** 9%

Dietary Fiber 5g 19%

Total Sugars 7g

Includes 0g Added Sugars 0%

**Protein 1.4g** 5%

Vitamin D 0mcg 0%

Calcium 40mg 3%

Iron 0.6mg 3%

Potassium 600mg 13%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from Health meets Food, "Potato and Parsnip Hash" (1/8/19)



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