

Carrot and Parsnip Kinpira

From – From Asparagus to Zucchini

4 cups julienned carrots
1 tsp toasted or light sesame oil
4 cups julienned parsnips
¼ tsp salt, divided
2 Tbsp sesame seeds
1 Tbsp low-sodium tamari or soy sauce
2 Tbsp minced fresh parsley

- Saute carrots in oil in large skillet over medium heat for 4 minutes.
- Add parsnips and 1/8 tsp salt. Saute` for 3 minutes.
- Add just enough water to cover bottom of skillet and remaining 1/8 tsp salt. Cover and bring to boil over high heat.
- Reduce heat to low. Simmer 20 minutes.
- Do not lift lid or stir vegetables as they cook.
- Meanwhile, toast sesame seeds in small skillet over medium heat until lightly browned, about 5 minutes.
- Stir tamari into vegetables. Simmer with lid ajar for 5 minutes.
- Sprinkle with sesame seeds and parsley.
- Serve hot.



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