

Kale and Parsnips

From – From Asparagus to Zucchini

1 cup halved & sliced onions
1 cup halved & sliced parsnips
1 Tbsp corn oil
2 Tbsp minced fresh ginger or ½ tsp ground ginger
4 cups kale, with veins removed & cut into bite-sized pieces

- Saute onions and parsnips in oil about 5 minutes, stirring occasionally
- Add 1 cup water and ginger.
- Cover and simmer 4 to 5 minutes.
- Add kale.
- Cover and continue cooking 4 to 5 minutes, stirring occasionally.
- For a variation, substitute sliced carrots for parsnips.



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