



# Recipes

## Other Vegetables

### **Parsnips with Sea Palm**

*Prep Time: 5 minutes*

*Cooking Time: 25 minutes*

*Yield: 4 servings*

#### **Ingredients:**

- 1 small yellow onion
- 2 medium parsnips
- 2 teaspoons toasted sesame oil
- 1 handful sea palm pieces
- ¼ cup water
- 1 teaspoon tamari
- 1 teaspoon mirin

#### **Directions:**

1. Slice onion into thin strips.
2. Slice parsnips into ½-inch rounds.
3. Heat oil in large sauté pan.
4. Add onions and parsnips and sauté 5 minutes, stirring often.
5. Add sea palm and ¼ cup water, cover and cook over low heat another 15-20 minutes, until parsnips are tender.
6. Remove cover, add tamari and mirin.
7. Mix gently, and serve.