

Seasonal Eating



Maple Glazed Parsnips

2 parsnips, peeled and cut into 2" sticks
2 tablespoons butter
2 tablespoons orange juice
2 tablespoons maple syrup
Salt and pepper

In a medium sauté pan, melt the butter and add the parsnips. Stir and cook for 2 minutes. Combine the orange juice and syrup and add to pan. Sprinkle with a pinch of salt and pepper and cook over medium heat until the parsnips are tender and glazed.