



# Parsnip



- FUN FACT: It's no coincidence that parsnips look a lot like carrots; the two veggies are close cousins. They are also related to parsley, celery, cumin and dill.
- Parsnips are a root vegetable that can be used in many different cooking method, including roasting, soups, salads, raw or boiled and mashed.
- Health Benefits: Parsnips are rich in potassium, a mineral that helps your heart function, balances your blood pressure, and lowers your risk for kidney stones.