



Apple-Parsnip Mash

Instead of mashed potatoes, try this sweet, lower-calorie puree, which needs only a bit of butter.

Everyday Food, January 2010 <http://www.marthastewart.com/313790/apple-parsnip-mash>

3.040815

Rated

(49)49

- **Yield Serves 4**

Ingredients

- - 1 pound parsnips, peeled and cut into 1/2-inch pieces
 - 1 pound apples (such as Honeycrisp or Fuji), peeled, cored, and cut into 1/2-inch pieces
 - 1 cup water
 - 1 tablespoon unsalted butter
 - Coarse salt and ground pepper

Directions

1. In a medium saucepan, combine parsnips, apples, and water. Cover and bring to a boil over medium-high. Reduce heat to medium and cook, covered, until parsnips are completely tender, 25 to 30 minutes. Transfer mixture to a food processor, add unsalted butter, and process until smooth. Season with coarse salt and ground pepper.

Cook's Note

Good with roasted pork, turkey, or chicken