

Parsnips with Almonds

Ingredients:

Serves 4-6

- 1 1/2 pounds fresh small or medium parsnips, peeled & sliced into 1" coins
- 1 egg, lightly beaten
- 3 Tablespoons butter or margarine
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon pepper
- 1/4 cup toasted silvered almonds or other nuts



Directions:

1. Cook parsnips in pot of boiling water until parsnips are tender. Drain well and mash.
2. Add egg, butter, nutmeg and pepper. Stir well.
3. Spoon parsnip mixture into a **greased** 1 qt. casserole dish.
4. Sprinkle top evenly with toasted nuts. Bake at 325 degrees F for 30 minutes. Serve hot.

Recipe adapted from www.recipesource.com

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