

## Scalloped Parsnips

Yield 12 servings

### Ingredients:

½ cup canola oil  
½ cup all-purpose flour  
4 cups warmed low-fat milk (1 percent)  
1½ teaspoons caraway seeds  
1 medium red onion, diced  
salt and white pepper to taste  
3 pounds parsnips, peeled and thinly sliced  
paprika (for garnishing)

### Procedure:

Heat canola oil in medium saucepan, saute onions for about 5 minutes and then add flour. Cook roux for 5 minutes, stirring frequently. Add milk and caraway seed and let sauce simmer to thicken, again stirring frequently. Season with salt and pepper. Meanwhile, steam parsnips until just tender, about 4 to 5 minutes, and drain well. Combine sauce and parsnips and fold mixture into a 9 x 13-inch baking dish that has been sprayed with vegetable oil. Sprinkle with paprika to cover evenly. Bake in a 350 F oven for 30 minutes or until bubbly throughout.

about 230 calories and 10 grams of fat per serving (1/12 of recipe)

**A serving of this recipe also provides 3.5 grams of fiber, along with about 30 percent of the daily recommendation for vitamin C and 20 percent of the daily recommendation for folic acid.**