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Root Vegetable Salad With Parsnip Puree

Prep time: 15 min. Cook time: 20 min.

Serving size: 1 bowl

Recipe yields 1 serving

Ingredients

1 red beet, peeled and cut into 1/2-inch chunks

1 carrot, peeled and cut into 1-inch chunks

1 Yukon Gold potato, cut into 6 wedges

1/4 cup chopped chives

1 parsnip, peeled with woody core removed, chopped into 1/2-inch chunks

Juice of 1 lime

1 tsp honey

1 tbsp olive oil

2 tbsp toasted pumpkin seeds

Directions

1. Bring a pot of water to a boil and lightly salt.

2. Cook the beets, carrots, and potatoes in salted water until slightly tender, about 20 minutes. Let cool.

3. Combine the parsnip, lime juice, honey, and olive oil in a food processor or blender, and mix until very smooth.

4. Toss the cooked vegetables and chives with the parsnip puree. Top with pumpkin seeds and serve.