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## **Parsnip Mash**

### **Ingredients:**

4 medium parsnips (peeled and sliced)  
1/2 white onion  
2 tbsp olive oil  
1/2 cup water  
Sea salt (to taste)  
Black pepper (to taste)

### **Directions:**

1. Place skillet under medium heat and add olive oil. Once olive oil is hot, add onions. Cook until onions have fried a bit.
2. Add parsnips and water to the skillet and close with lid. Cook until parsnips have softened.
3. Pour onion/parsnip mix, sea salt and pepper into a food processor. Process until the parsnips have mashed.
4. Serve immediately.