



## Greenmarket Recipe Series



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### SAUTÉED PARSNIPS, CARROTS & RADISHES WITH GREENS

Serves: 6-8

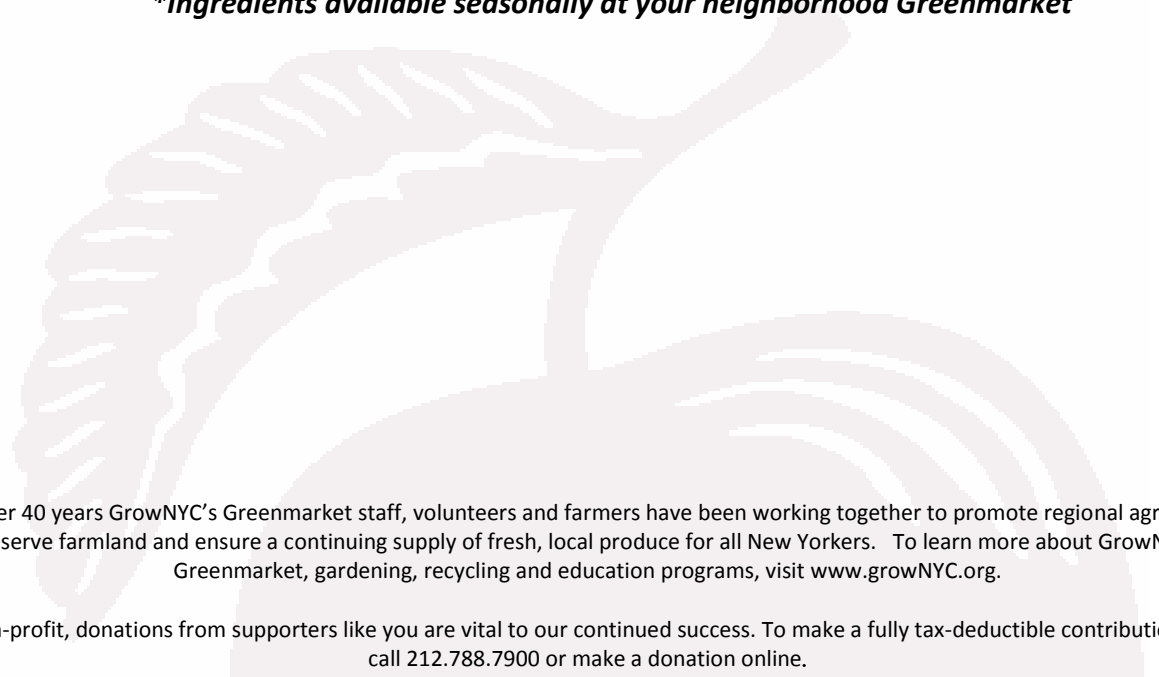
#### Ingredients:

2 cloves garlic, minced  
2 tablespoons extra virgin olive oil  
1 pound of carrots\*, peeled and finely diced  
½ pound of parsnips\*, peeled and finely diced  
1 bunches (about 1/2 pound) of radishes\*, finely diced (trim and save greens)  
½ teaspoon sea salt  
1 tablespoon honey\*  
1 tablespoon apple cider vinegar\*  
1 sprig fresh thyme, chopped  
Fresh parsley, minced, for garnish

#### Directions:

1. In a medium skillet, heat olive oil. Add garlic; sauté for one minute, being careful not to burn. Add carrots, parsnips, radishes, and salt. Cook over medium heat, stirring often, for 5-7 minutes.
2. Add greens, cooking uncovered until greens are wilted, about 2 minutes. Stir in honey, apple cider vinegar, and thyme. Garnish with parsley and serve.

***\*Ingredients available seasonally at your neighborhood Greenmarket***



For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit [www.growNYC.org](http://www.growNYC.org).

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