



Wolf Pine Farm

Community Supported Agriculture

Parsnip Patties

Notes

- From Laurel's Kitchen Cookbook

Ingredients

4 c parsnips, peeled and chunked 1 onion, minced 1 T oil 1 t dried tarragon	2 eggs lightly beaten 1 t salt ½ c finely chopped walnuts 2 cups whole grain bread
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Instructions

1. Steam parsnips until tender - about 15 minutes
2. While parsnips are cooking, sauté' onion in oil. Add tarragon
3. Mash parsnips with potato masher
4. Stir onion into parsnips along with egg, salt & walnuts
5. Preheat oven to 350
6. Form into patties - about 1/3 cup per patty
7. Spread ½ bread crumbs onto baking sheet. Add patties. Top with remaining bread crumbs
8. Bake 20 minutes