



# *Wolf Pine Farm*

## *Community Supported Agriculture*

### **Sesame Glazed Parsnips**

#### **Notes**

- From Laurel's Kitchen Cookbook

#### **Ingredients**

1 ½ c parsnips, peeled and cut into ¾ inch chunks	2 t butter/oil
1 ½ c carrots, cut in ¾ inch chunks	2 T maple syrup
3 c carrots	½ t salt
1 T sesame seeds	½ cup orange juice

#### **Instructions**

1. Steam parsnips & carrots until barely done
2. Toast sesame seeds over medium heat in medium sized skillet
3. As they begin to brown, add butter, maple syrup & OJ
4. Stir in carrots & parsnips
5. Turn to medium high & cook, stirring with increasing frequency, until liquid is reduced to a glaze