

Parsnip, Rutabaga and Carrot Mash with Grilled Onions

Ingredients:

½ cup, parsnip – peeled and diced

½ cup, rutabaga – diced

½ cup, carrot – diced smaller than the parsnip and rutabaga

1 cup, onions- sliced in half moons

1-2 Tbsp of Olive oil

2 tsps, dried Rosemary

Sea Salt

Put the parsnip, rutabaga and carrot in a saucepan, along with a pinch of sea salt and cover with water and bring to a boil. Boil for approx. 15-20 minutes until they start to get soft, use a fork to test.

In a large skillet, heat up the olive oil and start to sauté the onions. When they begin to get translucent, add a pinch of sea salt and continue to sauté. When the vegetables are soft enough, take a slotted spoon and scoop the veggies from the saucepan into the skillet and sauté together along with the rosemary. Add another pinch of sea salt and a small amount of the cooked veggie water to the skillet if it starts to dry out. Cover the skillet until the veggies are cooked through.

Remove the veggies and mash them slightly with a potato masher but maintaining a chunky texture. Serve while hot.