Lunch

Warm Root Vegetable Salad with Toasted Walnuts

Tender simmered parsnips and turnips are piled over fresh greens with sliced radish and walnut pieces, then finished with a warm onion and malt vinegar dressing.



Vegan | Dairy free

25 min	150	16 g	6 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 1 cup parsnips (chopped)
- [ ] 1 cup turnips (chopped)
- [ ] 1 tbsp olive oil
- [ ] 1 small onion(s) (finely chopped)
- [ ] 1 clove garlic (finely chopped)
- [ ] 1 tbsp brown sugar
- [ ] 3/4 cup malt vinegar
- [ ] 1/2 cup fresh cilantro or parsley
- [ ] 8 cup baby salad greens
- [ ] 1/2 cup walnut pieces (toasted)
- [ ] 1 cup radish (sliced)
- [ ] 1/8 tsp kosher salt
- [ ] 1/8 tsp black pepper (to taste)

Method

- [ ] **1** Bring a large pot of water to a boil and season it with the kosher salt. Add the parsnips and turnips and simmer until just tender, 8-10 minutes, then drain well.
- [ ] **2** Meanwhile, warm the olive oil in a large skillet over medium heat. Add the onion and cook until golden brown, 5-7 minutes.
- [ ] **3** Stir in the garlic and cook for 30 seconds more. Add the malt vinegar and brown sugar and bring just to a simmer, then remove from the heat and keep the dressing warm.
- [ ] **4** Spread the fresh cilantro or parsley and baby salad greens on a platter and top with the hot parsnips and turnips. Scatter over the walnut pieces and radish.
- [ ] **5** Drizzle the warm dressing over the salad, season with black pepper to taste, and serve immediately.

Nutrition Facts

Per serving

Calories	150
Total fat	9 g
Saturated fat	1 g
Sodium	110 mg
Total carbs	16 g
Fiber	4 g
Total sugars	6 g
Protein	3 g

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