

Breaded Parsnips

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*parsnips
1 egg, slightly beaten
bread crumbs
butter*

Peel and slice each parsnip lengthwise into four or more pieces, according to the size of the parsnip.

Boil in salted water until not quite tender, about 10 minutes. Drain.

Place the beaten egg in a shallow dish.

Roll the parsnip pieces in the egg wash and then the bread crumbs.

In a skillet, fry the pieces in butter or good shortening until golden brown on both sides.

Per Serving (excluding unknown items): 74 Calories; 5g Fat (62.6% calories from fat); 6g Protein; trace Carbohydrate; 0g Dietary Fiber; 212mg Cholesterol; 70mg Sodium. Exchanges: 1 Lean Meat; 1/2 Fat.