

Parsnip Rice

Cauliflower Rice is very popular right now as a rice substitute, but in my opinion, cauliflower more closely resembles couscous (see Cauliflower Couscous in Always Delicious page 211). For the flavor and texture of rice, I like to use parsnips instead. This simple rice substitute is easy and satisfying. Use it as a base for stir-frys, sauces, or as a satisfying side dish. It is especially delicious with spicy toppings like Moroccan Chicken (Always Delicious page 133).

Parsnip Rice is also the perfect thing to make when you're trying to find healthier options for starchy dishes during the holidays.

Preparation time: 5 minutes Total time: 15 minutes Makes about 4 servings

Ingredients

4 medium parsnips (about 1 pound) 1 tablespoon extra-virgin olive oil

¼ teaspoon salt

2 tablespoons water

Instructions

First, wash and cut parsnips into large chunks. Then place in a food processor and blend, scraping down the sides as needed until they create a rice texture.

Next, heat oil in a large skillet over medium heat. Add the riced parsnips and salt. Sauté for 2 to 3 minutes until the pieces are evenly coated in oil. Add water and cover with a tight fitting lid. Steam for about 5 minutes, stirring occasionally, adding a bit of water as needed to keep from burning, until parsnip rice is tender but not mushy.

Serve warm in place of rice or other grains.