



Braised Carrots and Parsnips

INGREDIENTS:

- 1 pound parsnips, peeled and cut into ½-inch slices on the diagonal
- 1 pound carrots, peeled and cut into ½-inch slices on the diagonal
- ½ cup low-sodium chicken broth
- 2 teaspoons dried rosemary, lightly crushed
- 1 tablespoon butter, unsalted
- ½ teaspoon salt
- Pepper to taste

DIRECTIONS:

1. Combine parsnips, carrots, broth, wine and rosemary in the electric pressure cooker pot.
2. Cook at high pressure for 4 minutes.
3. When cooking is complete, use a quick release to depressurize.
4. Add butter and salt; toss gently to coat.
5. Season to taste with salt and pepper.
6. Transfer to a bowl and serve.

Source: Adapted from Centennial Kitchens Presents Instant Pot Recipes / **Yield:** 6 servings; 110 Calories per serving. Total fat 2.5g; Saturated fat 1.5g; Protein 2g; Total carbohydrate 22g; Dietary fiber 6g, Sodium 260mg.