

# Parsnips in Orange Sauce (Pressure Cooker)

Adapted from food.com

<http://www.food.com/recipe/parsnips-in-orange-sauce-370376>



## Servings: 4

1. Place parsnips in pressure cooker. Combine orange juice, sugar, butter and salt; pour over parsnips.
2. Close pressure cooker cover securely and cook for 5 minutes only. Do not over cook. Run cold water over top of pressure cooker to reduce pressure quickly. Sprinkle parsnips with orange zest and serve.

1 pound parsnips, peeled and cut lengthwise into quarters

1/4 cup orange juice

1/2 tablespoon unsalted butter

1 tablespoon sugar

1/4 teaspoon salt

1 teaspoon Italian parsley, minced

1/2 teaspoon orange zest

---

Per Serving (excluding unknown items): 104 Calories; 2g Fat (14.4% calories from fat); 1g Protein; 22g Carbohydrate; 5g Dietary Fiber; 4mg Cholesterol; 143mg Sodium. Exchanges: 1 Grain(Starch); 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>