

Maple Glazed Parsnips with Kale

prep & cook 25mins ★ yields 6 servings

INGREDIENTS

1/4 c and 1 tbsp butter, split
2lbs parsnips, cut into 1/2" slices
2/3 c maple syrup
1 med onion, thinly sliced
1lb kale, stems removed, cut into 1" strips
1/2 tsp salt
1 tbsp apple cider

INSTRUCTIONS

In a large skillet, melt 1/4 cup butter over medium heat. Add parsnips and maple syrup. Cook, uncovered, for 15-20 minutes or until syrup is almost gone and parsnips are caramelized, stirring frequently.

In a Dutch oven, melt remaining butter over medium heat. Add onion; cook for 4-5 minutes or until tender. Add kale; sprinkle with salt. Cook and stir for 3-5 minutes or until slightly wilted. Add cider; reduce heat to low. Cover and steam for 5 minutes.

Spoon kale onto a large plate; top with parsnips.

