

PARSNIPS WITH YOGURT DILL SAUCE

Ingredients:

½ cup White Mountain Foods Nonfat Bulgarian Yogurt, room temp
1 lb. parsnips
½ cup vegetable broth
1½ T. butter, margarine or oil
2 T. flour
1 tsp. paprika
1 clove garlic, minced
1 T. fresh dill, chopped
salt and pepper to taste

Directions:

Peel parsnips and cut into 2 inch lengths. Quarter wide ones and trim woody centers. Put into a pot of water, bring to a boil and simmer 15-20 minutes. Drain, reserving ½ cup cooking liquid. Combine with stock. Keep parsnips warm. Heat butter in saucepan. Add flour and paprika. Cook over low heat, whisking, 1 minute. Remove from heat and whisk in broth. Bring to a boil, whisking. Add garlic, cook over low heat, whisking often, 2 minutes. Stir yogurt until smooth in bowl. Gradually stir sauce into yogurt. Return to pan and whisk until smooth. Gently heat through, do not boil. Stir in dill. Add parsnips and heat through without boiling. Serve hot.