

# Sauteed Parsnips and Carrots

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*1 pound fresh carrots  
1 pound fresh parsnips  
3/4 cup pitted dates,  
coarsely chopped  
2 tablespoons fresh  
oregano, coarsely chopped  
juice of one lemon  
2 tablespoons olive oil  
6 cloves garlic  
1 cup water  
2 teaspoons reduced-  
sodium chicken (or  
vegetable) broth base  
2 tablespoons garlic-herb  
butter*

Preheat a large nonstick saute' pan on medium for 2 to 3 minutes.

Peel the carrots and parsnips. Chop into one-inch pieces. Chop the dates and oregano. Squeeze the lemon for juice (2 tablespoons).

Place oil in the pan. Add the parsnips, carrots and garlic. Cook for 18 to 20 minutes, stirring occasionally, or until the vegetables are lightly browned and beginning to soften.

Stir in the water, broth base, oregano, dates, and butter until combined. Cook for 10 to 12 minutes more, stirring occasionally, or until most of the liquid has evaporated and the vegetables are the desired tenderness.

Stir in the lemon juice. Serve.

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Per Serving (excluding unknown items): 808 Calories; 28g Fat (29.4% calories from fat); 8g Protein; 145g Carbohydrate; 23g Dietary Fiber; 0mg Cholesterol; 156mg Sodium. Exchanges: 0 Grain(Starch); 9 Vegetable; 6 1/2 Fruit; 5 1/2 Fat.