

Breakfast Parsnips

from Vegetarian Cooking for Everyone by Deborah Madison

3 T unsalted butter 1 lb parsnips, peeled and sliced into rounds

½ c toasted chopped walnuts warm maple syrup

melt the butter in a heavy skillet over medium heat. Not too hot. Add the parsnips and a pinch of salt. Cook, stirring frequently, until golden all over and caramelized 7 to 10 minutes. Serve with nuts and syrup.