### Mashed Sweet Potatoes with Pecans

**Ingredients**
- Russet Potatoes, peeled & chopped
- Sweet Potatoes, peeled & chopped
- Kosher Salt
- Cayenne Pepper
- Salted Butter, cut into pieces at room temperature
- Milk, warmed
- Black Pepper, freshly ground
- Pecans, chopped
- Light Brown Sugar, packed

**Quantity**
- 1 1/4 lbs
- 1 1/4 lbs
- to taste
- a pinch
- 12 T
- 1/4-1/2 cup
- to taste
- 1/3 cup
- 1-2 tsp

**Methods**
1. Put all the potatoes in a large saucepan and cover with cold water by 1 inch. Season generously with salt and bring to a boil. Reduce the heat to medium and simmer until very tender, about 15 minutes.
2. Drain the potatoes; return to the saucepan over low heat. Cook until any remaining water evaporates, about 2 minutes. Add the cayenne, 1/2 teaspoon salt and all but 2 tablespoons butter; mash with a potato masher until smooth. Gradually mash in the milk until creamy. Season with black pepper; transfer to a serving dish.
3. Melt the remaining 2 tablespoons butter in a skillet over medium heat until just beginning to brown, 3 to 5 minutes. Stir in the pecans; cook until lightly toasted, 1 to 2 minutes, then remove from the heat. Stir in the brown sugar; pour over the mashed potatoes.

### Roasted Parsnips

**Ingredients**
- Parsnips, peeled and halved lengthwise
- Garlic cloves, unpeeled
- Onion, thickly sliced
- Fresh Thyme
- Olive Oil
- Kosher Salt

**Quantity**
- 2 lbs
- 8 each
- 1/4 each
- 5 sprigs
- 2 T
- 1/2 tsp

**Methods**
1. Preheat oven to 350°.
2. Put parsnips in a medium roasting pan with 2 tbsp. water, cover tightly with foil, and bake 20 minutes. Add garlic, onion, and 3 sprigs thyme. Drizzle with oil and toss to coat.
3. Roast, uncovered, until golden and tender, 30 to 40 minutes. Garnish with remaining thyme. Sprinkle with salt.

**Recipe, tips (below) and photo courtesy of recipe.com**

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**The Versatile Parsnip!**

1. Mash cooked parsnips with milk and butter.
2. Puree into a soup and serve with crumbled bacon and thyme.
3. Roast, drizzled with olive oil, alongside other root vegetables like carrots and turnips.
4. Shred raw parsnips and apples and use in a creamy slaw with green onions and grapes.
5. Fry thin slices in hot oil for a different type of chip.

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