

Pear and Parsnip Puree

side dishes



POINTS® Value: 3

Servings: 4

Preparation Time: 15 min

Cooking Time: 17 min

Level of Difficulty: Easy

This autumn-inspired puree is a delicious change of pace from applesauce or potatoes. It's wonderful on its own but also makes a great topping for pancakes and muffins.

Ingredients

- 3 medium pear(s), cored, seeded and diced
- 4 medium parsnip(s), trimmed, peeled and diced
- 1/4 cup water
- 3 Tbsp buttermilk
- 1/8 tsp ground cardamom
- 1/4 tsp table salt, or to taste
- 1/4 tsp black pepper, or to taste

Instructions

- Combine pears and parsnips in a small pot; add 1/4 cup of water. Bring to a boil, then reduce heat to low, cover and cook until parsnips are very tender, about 15 minutes; drain off any liquid.
- Place pears and parsnips in a blender or food processor fitted with a steel blade. Add remaining ingredients and process until mixture is lightly pureed. Yields about 3/4 cup per serving.