

featured recipe

Roasted Parsnips with
Garlic, Parsley and Dill

Source: Modified from a recipe at Cooking Light

Serving size: 3/4 cup veggies
Servings per recipe: 4



Ingredients

- 1 pound parsnips, peeled and sliced into thin strips
- 3 cloves garlic, minced
- 2 Tbsp lemon juice
- 1 Tbsp vegetable oil
- 1/2 tsp black pepper
- 1/4 tsp salt
- 1 tsp dried dill
- 1/4 cup chopped parsley, or 1 Tbsp dried

Instructions

1. Preheat oven to 500 degrees. Preheat baking sheet.
2. Combine parsnips, garlic, lemon juice, oil, salt, pepper and dill in a medium bowl.
3. Put parsnip mixture in a single layer on preheated baking sheet.
4. Bake in oven until parsnips are lightly browned and tender, about 20 minutes. Stir 1/2 way through.
5. Toss with parsley and serve.



Everything Counts!

Did you know that being active can help you feel better right away? Plus, being active helps you maintain a healthy weight, reduces stress, and improves sleep and grades.

Here are three budget-friendly ways for you and your family to move more throughout the day:

- **Plan activities that require little or no equipment.** Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or low cost.
- **Involve the kids in yard work** and other active chores around the house such as raking, weeding, planting, or vacuuming.
- **Make your morning walk a race,** dance while dinner's in the oven, and show the kids your favorite ways to move.

For more ideas on moving more, go to WhatsYourMoNY.org.

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MOVE YOUR WAY

PARENTS

Are my kids getting enough physical activity?

You know kids need physical activity to grow up strong and healthy. But did you know it can help them feel better right away?

Better sleep Better mood Better grades

And when your kids are feeling good, your life is easier, too. So find ways to help your kids fit more activity into their day.

For more tips and recipes, or to sign up for our e-newsletter, call or visit

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