

## Best Brussel Sprouts

### Ingredients

About 20 Brussel sprouts lightly processed in a food processor  
1 stick of butter  
Juice of 1 lime

### Preparation

Sauté Brussel sprouts in butter and lime. Cook until tender. Serve over brown rice.

## Mashed Parsnips with Ginger

### Ingredients

1-2 lbs. parsnips peeled and cut into pieces  
1 c. chicken stock  
1 t. finely chopped or grated fresh ginger or ¼ t. ground ginger  
2 T. sour cream or soured rice milk or soured tofu  
salt and pepper to taste

### Preparation

In a medium sauce pan combine parsnips, chicken stock and ginger. Cover and bring to a boil. Reduce heat and simmer about 15 minutes or until the parsnips are very soft. Transfer the parsnips and about ½ the stock to a blender or food processor and puree until smooth. Gradually add the remaining stock until you have the desired consistency. Add the sour cream, salt and pepper. Process to combine.