



Makes 8 cups
Preparation Time: 10 minutes
Cook Time: 40 minutes

INGREDIENTS:

2 celery roots (celeriac), peeled and cut into 1-inch cubes (7 cups)

6 medium parsnips, peeled and cut into 1-inch pieces (4 cups)

6 medium carrots, peeled and cut into 1-inch pieces (3 cups)

6 cups low-sodium vegetable broth

1½ cups roasted red bell peppers, drained and chopped

½ cup sliced scallions

½ cup nutritional yeast

2 teaspoons dried sage leaves, crushed

1 teaspoon dried summer savory, crushed (see tip, recipe intro)

½ teaspoon freshly ground black pepper

¼ teaspoon sea salt

½ cup chopped walnuts

Baked Celeriac, Carrot, and Parsnip Mash

When you're tasked with bringing a [side dish](#) to a gathering, this homey three-root [casserole](#) will suit vegans and non-vegans alike. A trio of mashed root veggies—celery root (celeriac), parsnip, and carrot—get rich, savory flavor from roasted red bell peppers, nutritional yeast, and scallions, while dried sage and summer savory add subtle herbal notes. A sprinkle of chopped walnuts over the top adds a hint of crunch. Can't do walnuts? No problem: Leave them out, or use pepitas or sunflower seeds instead.

Tips

Summer savory: This fresh-tasting herb dried has a piney flavor with peppery mint undertones and is a great addition to your seasonings cabinet. Thyme is a good substitute if you can't find it at your local market.

Need to make less? This recipe can be easily halved. Place the mixture in a 2-quart baking dish and bake for 15 to 20 minutes or until heated through.

For more inspiration, check out these tasty ideas:

- [Harvest Vegetable Casserole with Lentils and Gravy](#)
- [The Best Vegan Green Bean Casserole](#)
- [Sweet Potato Casserole with Herbed Mushroom Stuffing](#)
- [Vegan Mashed Potatoes with Kale](#)

By Nancy Macklin, RDN

- 1 Preheat oven to 350°F. In a 6-quart pot combine celery roots, parsnips, and carrots. Add broth. Bring to boiling; reduce heat. Cover and simmer 20 minutes or until very tender. Drain, reserving 1 cup cooking liquid.
- 2 Place cooked vegetables in an extra-large bowl. Mash with a hand masher or handheld mixer, gradually adding enough of the reserved cooking liquid to achieve desired consistency. Stir in the next seven ingredients (through salt). Transfer mixture to a 3-quart baking dish, spreading top evenly. Sprinkle with walnuts. (At this point, the dish can be covered and refrigerated up to 1 day.)
- 3 Bake 25 to 30 minutes or until heated through. (Bake 30 to 35 minutes if refrigerated.) If you like, top with additional sliced scallions.