



## Roasted Potato and Parsnip Wedges with Hazelnut Romesco and Smoked Salmon Dips

\*Indicates ingredients that are grown or produced locally  
*Makes 12 Appetizer Servings*

### **Ingredients:**

#### For Roasted Potato and Parsnip Wedges:

- \*6 Medium - large fingerling potatoes
- \*2 Large parsnips
- 2 T. olive oil
- ½ t. smoked sea salt (or kosher salt)

#### For Hazelnut Romesco Dip:

- \*1/3 c. roasted hazelnuts
- \*2 large cloves garlic, chopped
- \*¼ c. Mama Lil's mildly hot peppers
- 2 Large roasted red bell peppers, seeded
- 1 t. sweet smoked paprika
- 4 T. light mayonnaise
- 1 t. sherry vinegar
- ¼ t. smoked sea salt

#### For Smoked Salmon Dip:

- \*4 oz. smoked king salmon (WA is over-fished, Alaska is our closest "local" salmon)
- \*2 T. minced shallot
- 1 T. fresh lemon juice
- \*1/3 c. sour cream or crème fraiche (Sea Breeze Farms crème fraiche)
- \*1/3 c. fat free quark (Appel Farms)
- ¼ t. smoked sea salt

### **Method:**

#### For Roasted Potato and Parsnip Wedges:

Preheat oven to 425 degrees. Cut each potato in half horizontally (making 2 short potatoes), and then cut each half into 4 wedges, making 8 small wedges per potato. Cut the parsnip into wedges of similar size. Toss the vegetables in a large bowl with the olive oil and salt. Line 1 or 2 large baking sheets with aluminum foil. Arrange the vegetables in an even layer on the sheet(s). Roast in the oven for 20-30 minutes. Check for doneness at 20 minutes as the parsnips tend to cook a bit faster than the potatoes. The vegetables are done when



golden brown and crispy on the bottom, and you can pierce them easily with a fork. If the parsnips are done but the potatoes need more time, just remove the parsnips to a plate & continue roasting the potatoes for the full 30 minutes if needed. When done, remove with a fork or spatula to a platter. Arrange the potatoes & parsnips on the platter with a bowl each of Hazelnut Romesco and Smoked Salmon Dip.

For Hazelnut Romesco Dip:

Combine all ingredients in a food processor and process until they reach chunky sauce consistency. Add water or liquid from jarred peppers until you reach a consistency you like. Taste and adjust seasonings, adding more vinegar, salt or smoked paprika to taste.

For Smoked Salmon Dip:

Combine all ingredients in a mixing bowl and mix with a fork until well combined. To make a thicker spread consistency you may replace the sour cream and quark with an equal amount of cream cheese.

**Recipe by Acacia Larson, [homegrownnutrition.com](http://homegrownnutrition.com)**