

## *Sweet Red Sauerkraut with Parsnip Chips & Arugula*

**Prep Time: 10-15 minutes**

**Cook Time: 5-10 minutes**

1 jar (744 mL) **Ontario Natural Organic Beet Sauerkraut**  
1 large parsnip  
½ medium red onion  
3-4 Tbsp organic ketchup  
½ can (78 mL) **Ontario Natural Organic Tomato Paste**  
½ cup maple syrup  
1-2 cups fresh arugula  
Sunflower oil

### **PREPARATION**

Drain the **Ontario Natural Organic Beet Sauerkraut**, removing all water and set aside. Heat frying pan to high. Slice and sauté red onions for a few minutes. Add sauerkraut, tomato paste, ketchup and maple syrup. Stir, frying for about 5 minutes, until the sauerkraut is tender and cooked, and maple syrup has slightly caramelized. Set aside.

Peel and slice parsnip thinly. Fry parsnips in sunflower oil until crispy on the edges. Serve sauerkraut on a bed of arugula and top with parsnip chips.



Please visit [OntarioNatural.ca](http://OntarioNatural.ca) for full product listing and great recipe ideas.

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