**Irish Corned Beef and Vegetable Dinner**

*Corned beef and cabbage is, hands down, The St. Patrick’s day dinner my family looks forward every each year. The Fit Foodie in me will add my Spinach Pear Salad with Maple vinaigrette to add a little Green to the meal*

**Ingredients**

* 1 (4-pound) Trader Joe’s Nitrate-free corned beef brisket, trimmed
* 1 bottle of Guiness or other stout (and extra for the cook to sip on☺)
* 2 onions, peeled and quartered
* 1 cup celery, chopped
* 1 cup carrot, chopped
* 1 spice packet from the corned beef package
* 3 garlic cloves, peeled
* Cooking spray
* 2 medium parsnips, peeled and cut into 2-inch lengths
* 1 (2 1/2-pound) head green cabbage, cored and quartered
* 3-4 pounds small red potatoes, quartered
* 2 Tbs fresh parsley, chopped
* 2 tsp butter
* 2 tsp grated lemon rind
* 2 tsp fresh lemon juice
* 1/8 tsp black pepper
* 1/2 cup dry whole wheat breadcrumbs
* 1 (5-ounce) jar prepared horseradish, drained and squeezed dry
* 3 Tbs Dijon mustard

**Directions**

1. Place brisket in a large stockpot; add beer and enough water to cover by 1-inch and next 5 ingredients (onions through garlic). Bring to a boil. Cover, reduce heat, and simmer 3 hours. Remove brisket from pot.
2. Place brisket on the rack of a broiler pan or roasting pan coated with cooking spray; place rack in pan. Strain cooking liquid through a colander into 2 large bowls; discard solids. Return liquid to pot. Add parsnips and cabbage and bring to a boil. Reduce heat; simmer until tender about 20 minutes. Drain.
3. While the vegetables are cooking, place potatoes in a large Dutch oven. Cover with water. Bring to a boil; cook 20 minutes or until tender. Drain. Return potatoes to pan. Stir in parsley, butter, rind, juice, and pepper; toss to coat.
4. Preheat broiler.
5. Combine breadcrumbs and horseradish. Spread mustard over one side of brisket. Press breadcrumb mixture onto mustard. Broil 3 minutes or until lightly browned. Serve brisket with vegetables, potatoes, a spinach salad and of course, a pint of Guinness !