

HONEY GLAZED CARROTS & PARSNIPS

INGREDIENTS

- 2 lbs** Carrots (1" - 1 1/2" wide) (peeled) (cut in 1/2 lengthwise)
- 2 lbs** Parsnips (1" - 1 1/2" wide) (peeled) (cut in 1/2 lengthwise)
- Salt & pepper (to taste)
- 6 T** Extra virgin olive oil
- 1 1/2 T** Earth balance margarine for baking
- 1 1/2 T** Honey **OR** Agave
- 1 t** Vinegar (Balsamic)



DIRECTIONS

- 1** Pre-heat oven to 400 F and cover 2 baking sheets with foil
- 2** Place the carrots & parsnips on the sheets
- 3** Sprinkle generously with salt & pepper
- 4** Drizzle 3 T oil over vegetables on each sheet & toss to coat
- 5** Place sheets on the middle & bottom shelf of your oven & roast for 10 minutes
- 6** Stir the vegetables & switch the location of the sheets
- 7** Roast vegetables for another 10 minutes
- 8** Continue roasting until vegetables are tender & slightly charred, about 15 minutes longer.
- 9** Melt margarine in a wide pan at medium heat
- 10** Stir in honey & vinegar. Drizzle honey glaze over vegetables and serve.
- 11** Drizzle honey glaze over vegetables & serve

NOTES

- 1** Vegetables can be prepared 2 hours before serving
- 2** Make sure to cover them loosely with foil
- 3** Rewarm uncovered at 350 F for 10 minutes