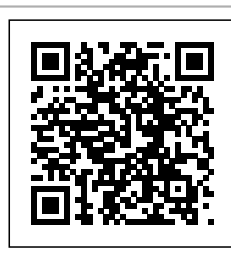


Honey And Thyme Roasted Carrots and Parsnips



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Recipe by: Laura Vitale

Serves 6

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients

- 1 lb of Carrots, Peeled
- 1 lb of Parsnips, peeled
- 2-1/2 Tbsp of Honey
- 2 Tbsp of Vegetable Oil
- 1 Tbsp of Fresh Thyme Leaves
- Salt and Pepper, to taste

1) Preheat the oven to 425 degrees, line a baking sheet with aluminum foil and set aside.

2) Cut your carrots and parsnips into 1/2" thick matchsticks (or if you can get your hands on some baby parsnips and carrots, just peel and halve them) and place them on your baking sheet.

3) Toss the carrots and parsnips with the honey, vegetable oil, thyme, salt and pepper, place them on a single layer on a baking sheet and pop them in the oven to roast for about 20 minutes or so or until they develop some good color.

