



Roasted Parsnips with Rosemary

Recipe Source: www.marthastewart.com

Serves: 3

Ingredients:

- 1 ½ lbs parsnips, peeled and cut into ½ by 2-inch pieces
- 1 Tbsp olive oil
- 2 tsp chopped fresh rosemary
- Salt and pepper

Steps:

- Preheat oven to 450°. Line a baking sheet with aluminum foil for easy clean-up.
- On baking sheet, toss parsnips with oil and rosemary, then season with salt and pepper.
- Roast until golden and tender, about 20 minutes, stirring halfway through.

Tips from the Test Kitchen: If desired, add an onion (cut into chunky wedges) to the parsnips before tossing with other ingredients. The sweetness of the roasted onion will complement the spicy note of the parsnips.

Nutritional Facts (Per Serving): Calories: 210, Carbohydrates: 41grams, Protein: 3 grams, Total Fat: 5 grams, Saturated Fat: 0.5 grams, Cholesterol: 0 mg, Sodium: 23 mg, Fiber: 11grams, Sugars: 11 grams.