

# Garlic Butter Roasted Parsnips

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**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

**Serves:** 6

**Prep:** 10 minutes | **Cook:** 25 minutes

## INGREDIENTS

- 8 medium parsnips, peeled and cut into strips
- 5 tablespoons butter
- 4 cloves garlic, minced
- 1/2 teaspoon dried herbs (like rosemary, thyme, or oregano)
- Salt and pepper, to taste
- Fresh parsley, minced (optional)
- Red pepper flakes (optional)

## DIRECTIONS

1. Preheat oven to 450°F.
2. Wash and peel the parsnips. Cut into strips. Remove any tough, woody pieces.
3. Spread out parsnips on a large rimmed baking sheet. Set aside.
4. Melt butter in a skillet over medium heat. Add garlic and cook for 20 seconds, stirring. Remove from heat and stir in dried herbs.
5. Pour garlic butter over parsnips. Season with salt and pepper. Stir to coat.
6. Spread parsnips in a single layer. Bake in oven for 20 minutes, stirring once. Remove from oven, garnish with parsley and red pepper flakes if desired. Serve.



Nutrition Information	
<i>Serving Size: 1/6 of recipe</i>	
<b>Calories</b>	<b>229</b>
<b>Total fat</b>	<b>10g</b>
Saturated Fat	6g
<b>Cholesterol</b>	<b>25mg</b>
<b>Sodium</b>	<b>199mg</b>
<b>Carbohydrates</b>	<b>35g</b>
Fiber	9g
Sugar	9g
<b>Protein</b>	<b>2g</b>

Recipe source: [Diethood.com](https://www.diethood.com)