Garlic Butter Roasted Parsnips

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.
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
Serving Size: 1/6 of recipe
Calories 229
Total fat 10g
Cholesterol 25mg
Sodium 199mg
Carbohydrates 35g
Fiber 9g
Sugar 9g
Protein 2g

Recipe source: Diethood.com

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