

Simple Roasted

Parsnips

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**GREATER
CHICAGO**
- **FOOD** -
DEPOSITORY.

Serves: 4

Prep: 10 minutes | **Cook:** 35 minutes

INGREDIENTS

- 8 parsnips, diced
- 1 tablespoon olive oil
- 1 ½ teaspoon Italian seasoning
- 1 teaspoon salt
- Chopped parsley for garnish (optional)

DIRECTIONS

1. Preheat oven to 400°F.
2. Peel parsnips and cut into 1-inch chunks. Toss with oil, herbs and salt in a large bowl. Spread out on a large rimmed baking sheet in a single layer.
3. Roast, stirring once or twice, until the parsnips are tender in the center and browned in spots on the outside, 25 to 30 minutes.
4. Transfer to a platter or plates and garnish with parsley if desired.



Nutrition Information	
<i>Serving Size: 1/4 of recipe</i>	
Calories	110
Total fat	4g
Saturated Fat	0g
Cholesterol	0mg
Sodium	550mg
Carbohydrates	20g
Fiber	4g
Sugar	5g
Protein	1.5g

Recipe source: Healthy Seasonal Recipes