

## Honey-roasted Parsnips with Sweet Potatoes and Apples

From The New American Plate Cookbook



- Canola oil spray
- ½ pound parsnips, peeled and cut into bite-sized chunks
- 1 large orange-flesh sweet potato, peeled and cut into bite-sized chunks (about 1 ½ to 2 cups)
- 2 firm, sweet apples (such as Red Delicious), peeled, cored, and cut into bite-sized chunks (about 2 cups)
- 1 tablespoon canola oil
- 1 tablespoon honey
- 2 tablespoons reduced sodium soy sauce
- Salt and freshly ground black pepper

Preheat oven to 375 degrees. Lightly coat a medium casserole dish with canola oil spray and set it aside.

Put the parsnips, sweet potato, and apples in a large mixing bowl and set aside. Combine the canola oil and honey in a microwave-safe bowl and heat in a microwave oven on medium (50% power) for 10 seconds, until warm. Mix the soy sauce into the honey mixture. Pour the sauce over the vegetables and apples. Toss to coat well.

Transfer the mixture to the prepared casserole dish, cover, and bake for 1 hour, until tender. Season to taste with salt and pepper. Serve warm.

Makes 6 servings.

Per Serving:

112 Calories

2g Total Fat (less than 1g Saturated Fat)

23g Carbohydrates

1g Protein

4g Dietary Fiber

208mg Sodium