

Roasted Ginger Parsnips & Carrots

If you have never tried parsnips, you are missing out! They are a fibrous root vegetable rich in folate, vitamin C, Vitamin E, and Vitamin K. Parsnips have a sweet taste, can be found in the fresh produce section, and look like white carrots. This recipe combines the parsnips nicely with carrots and a little ginger for some heat.

Ingredients:

3 large	Carrots
3 large	Parsnips
1 ½ tbsp	Oil of choice (I used avocado oil)
1 tbsp	Fresh ginger root, finely minced/pureed (you can use dry ginger seasoning if you do not have fresh ginger root)
2 tsp	Garlic powder

Directions:

1. Preheat the oven to 400 degrees F. Line a pan with aluminum foil and spray with cooking spray.
2. Cut the tops off the parsnips and carrots. Peel all the parsnips and carrots. Cut into spears.
3. Place spears in a medium bowl. Toss with the avocado oil, ginger root, and garlic powder.
4. Spread coated parsnips and carrots evenly on the baking sheet. Ensure there is only one layer. You may need another baking sheet to keep it at one layer.
5. Roast in the oven for 20-25 minutes or until tender and crispy. Be sure to flip the parsnips and carrots halfway through.

Servings: 5

Serving size: 1/5 of the recipe (143 g)

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Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	125.5 kcal	6 %
Total Fat	4.5 g	7 %
Saturated Fat	0.5 g	3 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	39.4 mg	2 %
Total Carbohydrate	21.3 g	7 %
Dietary Fiber	5.8 g	23 %
Sugars	6.6 g	
Protein	1.6 g	3 %
Vitamin A	144 % • Vitamin C	31 %
Calcium	5 % • Iron	4 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at cronometer.com		</>