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## Honey-Roasted Parsnips

By Susie Iventosch



Parsnips-with honey and soy sauce Photo Susie Iventosch

Parsnips are another under-appreciated vegetable and are usually reserved for enhancing soups, or smashing up with mashed potatoes. They rarely take center stage. But, here we offer an easy dish that specifically features this forgotten member of the umbelliferae family, a group of vegetables that also includes fennel, celery root and carrots. Planted in the spring, parsnips are harvested beginning in the fall and last through most of the spring. Due to the fact they store well above ground, they are usually available in markets year-round, but be sure to select firm parsnips, as those that are limp are not fresh.

### INGREDIENTS

- 2 medium to large parsnips
- 2 tablespoons olive oil or melted butter
- 1 tablespoon honey
- 1 tablespoon Soy sauce

### DIRECTIONS

Peel parsnips, and cut into French fry-size pieces, about 1/4 inches thick by 2-3 inches long. Toss well with olive oil, honey and Soy sauce. Turn onto an oiled baking sheet, and bake at 400F for approximately 15 minutes, or until tender and golden brown. Serve at once.

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