

Honey-Roasted Parsnips, Sweet Potatoes and Apples

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/holiday-honey-roasted.html>

Ingredients

- Canola oil cooking spray
- 1 ½ cups parsnips, peeled and cut into bite-size chunks
- 1 large sweet potato, peeled and cut into bite-size chunks
- 2 firm red apples, cored and cut into bite-size chunks
- 1 Tbsp. canola oil
- 1 Tbsp. honey
- 2 Tbsp. “lite” soy sauce
- ¼ tsp. ground ginger

Instructions

1. Preheat oven to 400 degrees.
2. Spray casserole dish with cooking spray and set aside.
3. In large mixing bowl, place parsnips, sweet potatoes and apples and set aside.
4. In microwave-safe bowl, mix oil and honey. In microwave, warm 10 seconds.
5. Mix in soy sauce and ginger. Pour sauce over vegetables and apples. Toss to coat well. Transfer to casserole dish.
6. Cover and bake until tender, about 1 hour.

Makes 6 servings

Serving size: 1/6 of recipe

Nutrition information per serving

Calories: 112	Dietary Fiber: 4 g
Total Fat: 2 g	Sodium: 208 mg
Saturated Fat: <1 g	Protein: 1 g
Cholesterol:	Carbohydrates: 23 g