

DSF's Honey Roasted Carrots And Parsnips

My wife is pregnant and she wanted carrots, parsnips, and honey, so I threw them together in the oven and this is what we got. Simple, healthy, and delicious!

Recipe by [Amanda Webb](#) | Created on **Nov 11, 2021**

Ingredients

- 3 carrots, peeled
- 3 parsnips, peeled
- 2 tablespoons olive oil
- ¼ cup honey
- salt and ground black pepper to taste

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Arrange carrots and parsnips in a baking dish; drizzle with olive oil. Toss to evenly coat vegetables. Pour honey over coated vegetables and season with salt and pepper; toss to coat.
- Bake in the preheated oven until vegetables are very tender, about 40 minutes.

Nutrition Facts

Serving: **4 servings** | Calories: **225 kcal** | Carbohydrates: **41.5 g** | Protein: **1.8 g** | Saturated fat: **1 g** | Sodium: **48.7 mg** | Fiber: **6.7 g** | Sugar: **25 g**

Categories

Side Dish

Vegetables

Carrots