



EXPLORE Summerside

The City by the Sea

Honey Roasted Parsnips and Carrots

Chef Ilona Daniel

- 1 1/2 lb carrots, peeled and sliced into long strips
- 1 ½ lbs parsnips, peeled and sliced into long strips
- ½ cup ADL butter, melted
- ½ cup honey
- salt & pepper

Heat oven to 425°F.

Stir together the butter and honey. Arrange the vegetables on two large sheet pans and brush with the olive oil/honey mixture. Season with salt & pepper.

Roast for 20 minutes, then flip using tongs. Return to the oven for another 15-25 minutes, until edges begin to caramelize and carrots are cooked through.

Brush with reserved honey/olive oil during the last few minutes of cooking.