**Honey-Roasted Root Vegetables**

<https://www.cookstr.com/Vegetable-Recipes/Honey-Roasted-Root-Vegetables>

Ingredients

½ recipe original recipe

½ 1 cup honey

2 4 medium carrots, cut into ½“ dice

2 3 small-medium parsnips, peeled and cut into ½“ dice

1 2 medium turnips, peeled and cut into ½“ dice

1 2 small-medium rutabagas, peeled and cut into ½“ dice

1 1 medium or 2 small red onions, cut into 8 wedges

½ 1 T unsalted butter

½ 1 T fresh lemon juice

½ 1 t fresh thyme or rosemary, chopped medium-fine (optional), plus large sprigs, for garnish

Kosher salt and freshly ground black pepper

Optional:

1 2 medium-large sweet potatoes, washed/scrubbed and cut into ½“ dice

some garbanzo beans

parsley, chopped medium-fine (optional), plus large sprigs, for garnish

Makes

4-5 6-8 servings

Note: the recipe says use small, young vegetables for the best flavor.

Comments: I did not peel the parsnips or turnips but rather washed and scrubbed them well. I did peel the rutabaga. I used a little more red onion than the recipe called for as we like the onion taste. The recipe also says you could substitute sweet potatoes and celery root for part of the vegetables. Since we like sweet potatoes, I just added one in addition to the other vegetables. For some protein, I also put in some garbanzo beans. I don’t know what celery root is so I didn’t purchase any.

Directions

1. Wash and cut up all the vegetables.
2. Preheat the oven to 400°.
3. Cook the honey in a large heavy skillet over medium heat until it is thick and dark with large bubbles, about 10 minutes.
4. Stir in the carrots, parsnips, turnips, rutabagas and onions (and sweet potatoes and garbanzos) and cook until the vegetables are deeply glazed, 8 to 10 minutes. Toss the vegetables every few minutes so they are well glazed.
5. Transfer the skillet to the oven and roast until the vegetables are tender and well caramelized, 15 to 20 minutes. (Alternatively, continue cooking and tossing the vegetables on the stove top until they are tender and well glazed, about 25 minutes.)
6. While the veggies are cooking, chop the herbs, thyme or rosemary (and parsley, if preferred) medium-fine and separate some sprigs for garnish. Melt the butter.
7. Stir in the butter, lemon juice and herbs. Season to taste with salt and pepper.
8. Transfer to a warm platter or individual plates and decorate with sprigs of the thyme/rosemary and parsley.

Note: the recipe says: To make ahead, cool then refrigerate in a covered container for up to 2 days. Reheat in a skillet over medium heat, stirring frequently to prevent scorching.

Daughter found this recipe while she was convalescing from ACL surgery and asked me to make it which I did for her, her husband and myself on 9/29/19. It was delicious!