

Glazed Parsnips / Carrots with Honey and Butter

YIELD: 4 SERVINGS

Gluten-free

RECIPE CUSTOMIZATION

To make it dairy-free, swap butter for avocado oil

To make it FODMAP friendly, swap honey for maple syrup

INGREDIENTS

2 Tbsp butter
2 cups parsnips or carrots, trimmed and cut to the same size
1 Tbsp honey
Salt, kosher (to taste)
3 Tbsp water

DIRECTIONS

1. Heat butter (2 Tbsp) in a small sauté pan until it is lightly bubbling.
2. Add the vegetables, honey (1 Tbsp), and salt (to taste), and toss to coat.
3. Add the water (3 Tbsp). Cover loosely, and cook for 5–7 minutes, or until the vegetables begin to become tender.
4. Remove lid and simmer for another 3–5 minutes until sauce reduces and forms a glaze. Taste and adjust salt as needed.



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NUTRITION FACTS

Serving size 1 (3.2oz)

Amount Per Serving	92g
Calories	117
	% Daily Value
Total Fat 6g	9%
Saturated Fat 3.7g	18%
Cholesterol 15mg	5%
Sodium 634mg	26%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	13%
Sugars 8g	
Protein 1g	2%
Vitamin A	4%
Vitamin C	19%
Calcium	3%
Iron	2%