

Orange Roasted Carrots & Parsnips





We especially like using organic mandarin oranges, which may be roasted and eaten peel and all if the rind is thin enough and the pith not too bitter. Larger varieties like navel oranges should be peeled first.

Orange Roasted Carrots & Parsnips

Serves 2-4

1 pound carrots
1/2 pound parsnips
1 fennel bulb
4-5 mandarin oranges or 1 large orange
3 tablespoons olive oil
1 tablespoon maple syrup
Coarse salt
Freshly ground pepper

Preheat oven to 425°F.

Peel the carrots and parsnips, or just scrub them well, and halve lengthwise. If the parsnips are large, quarter them lengthwise, cut out the woody center, and, if necessary, continue to cut into thinner strips to match the size of the carrots.

Cut the fennel into wedges.

Slice the oranges, keeping the peel on or off according to preference. If using a large orange, halve or quarter the slices.

Toss the carrots, parsnips, fennel, and oranges with the olive oil and maple syrup and season with salt and pepper. Spread out evenly on a large rimmed baking sheet.

Roast, turning occasionally, until tender and browned, between 20-30 minutes.

Remove from oven, season to taste, and serve.

