

Roasted Parsnips With Honey And Cumin

3-4 medium parsnips, peeled and sliced into 1/2-inch coins (for wide pieces, feel free to half or quarter them)

Juice of 1 orange

Juice of 1 lemon

1 1/2 tablespoons mild honey

1/4 teaspoon ground cumin

1/8 teaspoon ground coriander

1/8 teaspoon cayenne pepper

1/4 teaspoon salt, plus more to taste

1/4 cup extra virgin olive oil

❶ Preheat the oven to 375 degrees F.

❷ In a small bowl or cup, whisk together the orange and lemon juices, cumin, coriander, cayenne pepper and salt. Let stand for a minute or two before whisking in the oil.

❸ Place parsnips in an oven-proof dish and pour the citrus-honey dressing over them. Mix well to combine. Cook for 45-50 minutes, basting from time to time, until the parsnips are golden and fork-tender.

❹ Serve immediately, with an extra drizzle of olive oil and a sprinkling of salt, if desired.