



# Honey Parsnips

6 servings

## INGREDIENTS

- 5 parsnips, peeled and cubed
- 1/2 cup warm water
- 1/3 cup honey
- 1 Tbsp melted butter

## DIRECTIONS

1. Preheat oven to 375°F.
2. Stir together water, honey, and butter in a large bowl until the honey has dissolved. Add the parsnips and toss to coat. Scrape the parsnips and honey sauce into a 9x13 baking dish.
3. Bake uncovered until the parsnips are very soft, about 30 minutes.



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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer. In Vermont, SNAP is called 3SquaresVT. It can help low income people buy foods for a better diet. We can help you apply. Contact the Vermont Foodbank at 855-855-6181 or text VFBSNAP to 85511.



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