



Elliott Evans Nutrition, LLC
Prevent and Protect
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ROASTED APPLES AND PARSNIPS
SOUTHERN LIVING – OCTOBER 2011
Makes 8 servings

- 2 lbs parsnips, peeled and cut lengthwise into quarters
- 2 lbs Fuji apples, peeled and cut into quarters
- 1 ½ coarsely chopped fresh sage
- 3 tablespoons extra-virgin olive oil
- 1 teaspoon salt
- ½-1 teaspoon pepper
- pinch of ground nutmeg and ground allspice
- Garnish: fresh sage leaves

- Preheat oven to 475 degrees.
- Toss together all ingredients. Arrange in single layer in a lightly greased 17x12 inch jelly-roll pan.
- Bake at 475 degrees on an oven rack one-third down from top of oven, stirring occasionally - 30 minutes, or until tender and browned.
- Garnish with fresh sage leaves, if desired.