

cher moola

Simple Start
side dishFrom weightwatchers.com

Roasted Carrots and Parsnips

A perfect pairing of flavors that makes a super side dish. You can also boil the cooked vegetables in broth and then purée the ingredients for fantastic soup.

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pointsplus®
value

per serving | prep: 15 min | cook: 40 min | serves 8

1 spray cooking spray

▲ 8 medium carrots,
julienned

▲ 6 cups julienned parsnips

1 Tbsp minced fresh thyme,
or to taste

1 tsp sea salt

½ tsp freshly ground black
pepper, or to taste

1 Tbsp olive oil

Preheat oven to 400° F. Coat a shallow nonstick roasting pan or baking sheet with cooking spray.

Place vegetables on prepared pan; sprinkle with thyme, salt, and pepper. Drizzle with oil; toss to coat. Roast for 20 minutes; flip vegetables and roast until vegetables start to caramelize, about 10 to 20 minutes more. Yields about ⅔ cup per serving.

Did you know? If you're an eTools subscriber, you can tweak servings or ingredients for weightwatchers.com recipes in the Recipe Builder! Just click "Edit" at the top of the recipe window.