

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Braised Carrots and Parsnips Simply Cooked in Vegetable Stock, Butter and Salt

When starting with delicious ingredients, simply cooked is often best.

So true with Braised Carrots and Parsnips. It's very easy to eat the entire pound and a half of tender, tasty and naturally sweet vegetables as a main dish or as a side. For an even brighter taste, consider drizzling the Braised Carrots and Parsnips with a little [Apple Cider Vinaigrette](#).

Inspired and adapted from a recipe in [Joy of Cooking](#).

Makes 2-6 servings

Active time 15 minutes

Total time 1 hour and 10 minutes

Ingredients

1 pound carrots, scrubbed clean and peeled if not organic
8 ounces parsnips, scrubbed clean and peeled if not organic
 $\frac{3}{4}$ cup unseasoned or low sodium vegetable stock or water
 $\frac{1}{4}$ teaspoon salt (or $\frac{1}{2}$ teaspoon salt with unseasoned stock or water)
2 tablespoons butter cut into small pieces
1-2 tablespoons coarsely chopped parsley
Thinly sliced greens from 1 scallion
Optional: $\frac{1}{4}$ cup [Apple Cider Vinaigrette](#)

Instructions

1. Heat the oven to 375 degrees.
2. Cut both the carrots and parsnips in half lengthwise. Depending on their size, cut each half into either 2-4 wedges. Cut the wedges 1 $\frac{1}{2}$ inches long.
3. Transfer the wedges into a 2-quart ceramic/porcelain baking dish. Toss them with the salt and stock or water. Dot with the butter.
4. Tightly seal the baking dish with aluminum foil. Bake for 45 minutes.
5. Raise the heat to 425 degrees. Remove the baking dish from the oven and remove the foil. Use a silicone spatula to toss the carrots and parsnips in the liquid in the dish. Return the baking dish to the oven to bake for another 15 minutes.
6. Change the heat to high broil. Place the baking dish about 6 inches from the broiler. Broil for 5 minutes to color the vegetables.
7. Serve Braised Carrots and Parsnips garnished with chopped parsley and thinly sliced scallion greens. Optionally drizzle with a little Apple Cider Vinaigrette.