Zesty Roasted Parsnip and Apple Roast

Ingredients:
- 1 pound of parsnips, chopped
- 2 apples, chopped
- ½ an orange, juiced
- 3 tbsp of olive oil
- salt & pepper to taste

Directions:
1. Preheat oven to 450 degrees.
2. Wash, peel and chop parsnips and apples into thick pieces.
3. Place apples and parsnips into a bowl. Squeeze half an orange over the produce. Add olive oil and mix until evenly coated.
4. Place apples and parsnips onto a baking sheet and cook them for 30 minutes.
5. Add salt, pepper and orange zest (optional).

Enjoy!

Who knew?
Parsnips are a good source of fiber and Vitamin C. They are also close relatives to carrots!