

Roasted Carrots & Parsnips with Shallot Herb Butter

Deb Buzar, professional chef, cooking class 4/2008



You may want to eat this as a main course after eating it once.

5 large carrots, peeled

4 large parsnips, peeled

3 tablespoons extra virgin olive oil

1 1/2 teaspoons kosher salt

1/4 teaspoon freshly ground black pepper

COMPOUND BUTTER:

1/4 cup unsalted butter

2 tablespoons shallots, minced

2 tablespoons chives, minced

1 1/2 teaspoons rosemary, minced

1 1/2 teaspoons thyme, minced

1 clove garlic, minced

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 6

1. Position a rack in the center of the oven and heat the oven to 450 degrees.
2. Cut the carrots and parsnips into 2 1/2 inch matchsticks, about 1/4 inch width. Put them in a large bowl; toss with the oil, then sprinkle with salt and pepper and toss again.
3. Transfer vegetables to a 10 x 13 inch pyrex dish and roast, stirring ever 15 minutes, until nicely browned, about 40-45 minutes.
4. Meanwhile, make the compound butter: combine the butter, shallot, chives, rosemary, thyme and garlic in a small bowl and stir well. Add butter to the roasted vegetables and toss them to coat well. Serve immediately.

Per Serving (excluding unknown items): 272 Calories; 15g Fat (47.6% calories from fat); 3g Protein; 35g Carbohydrate; 10g Dietary Fiber; 21mg Cholesterol; 508mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Vegetable; 3 Fat.