



Apricot Roasted Carrots & Parsnips

Vegetables were cultivated in Ireland starting around the 8th century with two of the main vegetables being carrots and parsnips. It would take another 900 years and the coming of the English before extensive gardens and orchards became the norm.



Prep: 15 min **Cook:** 45 min **Total:** 1 hr **Servings:** 4-6 **Oven:** 400°

Ingredients

1lb small carrots
1lb small parsnips
3T extra virgin olive oil
1t cumin seeds
Salt & Pepper to Taste
2T apricot jam
2t fresh lemon juice
1T chopped fresh cilantro
(optional)

Directions

- Preheat oven to 400°
- Add cumin seeds and salt & pepper; mix so root vegetables are coated.
- Spread on baking sheet and roast for 30-35 minutes tossing occasionally.
- Meanwhile - Combine apricot jam and lemon juice in sauce pan and cook a few minutes until sauce is combined and runny.
- Pour apricot sauce over roasted vegetables, tossing to combine.
- Continue to roast another 10 minutes.
- Remove from oven, add chopped cilantro just before serving (optional).