



Cheesy Cauliflower

The cabbage was introduced to Ireland most likely by the English in the 16th century. Most Irish recipes keep the green outer leaves to enhance the flavor and include some sort of cheese sauce.



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°.
- Slice the root vegetables and combine with olive oil
- 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).
- Let cool completely in the pan before removing.