



Virginia's apple orchards abound with many apple varieties every autumn, but did you know that apples and cider are often used to sweeten autumn vegetables. This recipe calls for three autumn favorites: parsnips, sweet potatoes and apples to make one healthful meal to warm the cooler months. Parsnips are a good source of folate, a B vitamin that may help prevent several different cancers. Plus their high potassium level can also be helpful in regulating blood pressure.

### **Honey-Roasted Parsnips, Sweet Potatoes and Apples**

Canola oil cooking spray

1 1/2 cups parsnips, peeled and cut into bite-size chunks

1 large sweet potato, peeled and cut into bite-size chunks

2 firm red apples, cored and cut into bite-size chunks

1 Tbsp. canola oil

1 Tbsp. honey

2 Tbsp. "lite" soy sauce

1/4 tsp. ground ginger

Preheat oven to 400 degrees. Spray casserole dish with cooking spray and set aside. In large mixing bowl, place parsnips, sweet potatoes and apples and set aside. In microwave-safe bowl, mix oil and honey. In microwave, warm 10 seconds. Mix in soy sauce and ginger. Pour sauce over vegetables and apples. Toss to coat well. Transfer to casserole dish. Cover and bake until tender, about 1 hour.

Makes 6 servings.

Per serving: 112 calories, 2 g total fat (<1 g saturated fat), 23 g carbohydrates, 1 g protein, 4 g dietary fiber, 208 mg sodium.