

## Roasted Parsnips

By

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### Ingredients:

Parsnips

[Sea salt](#)

Olive oil

Parchment paper

### Directions:

Pre-heat oven to 350.

Peel parsnips and slice up into 1/8 - 1/4" inch thick medallions.

Place a piece of [parchment paper](#) on a [3/4" sheet pan](#), spaced far enough apart that they roast on don't "froid".

Once the sheet pan is filled, spray with coconut or olive oil. Salt all of the medallions.

Put in oven for about 15 minutes. Check and turn medallions over. Re-spray, if necessary.

Put back in the oven and roast for another 10 minutes (or when crispy and brown).

Take out of the oven and serve hot.