

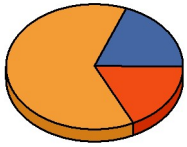


Glazed Winter Vegetables

Comment: Modified by DrJez fromThug Kitchen 101

Recipe grams: 2222.32g/78.4oz

Serves 4 555.58g/19.6oz per serving



Protein: 19%
Carbohydrates: 63%
Fat: 18%

INGREDIENTS

- 1 lb PARSNIP, RAW, sliced
- 1 lb SWEET POTATO, RAW, CUBED
- 1 lb TURNIP, RAW, CUBED
- 1 cup CARROT, RAW, SLICED
- 1/2 lb HAM, WHOLE, UNHEATED, separable lean only
- 1 onion ONION, SWEET, RAW
- 1 tbsp OLIVE OIL, salad or cooking
- 1/4 tsp SALT, TABLE
- 1 tbsp THYME, DRIED, LEAVES
- 1/2 cup APPLE JUICE, UNSWEETENED, canned or bottled, no added Vit-C
- 2 tbsp Honey, Billy Bee

DIRECTIONS

Preheat oven to 425 deg F. Set aside a 9 x 13 inch baking pan lined with aluminum foil.

Cut vegetables into even size cubes along with the ham.
Toss the vegetables with olive oil, salt and thyme. Mix in ham and lay out evenly on the baking dish

Mix apple juice and honey together and pour over vegetables. Toss to coat evenly.

Place in the oven and roast for approximately 40 min or until the vegetables begin to brown and the liquid is evaporated. You may toss once half way through cooking.

Serve hot.

Nutrition Facts	
4 servings per container	
Serving size	1 serving (556g)
Amount per serving	
Calories	410
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 1190mg	52%
Total Carbohydrate 72g	26%
Dietary Fiber 13g	46%
Total Sugars 31g	
Protein 18g	
Vit. D 0.40mcg 2% • Calcium 155mg 10%	
Iron 3mg 20% • Potas. 1470mg 30%	