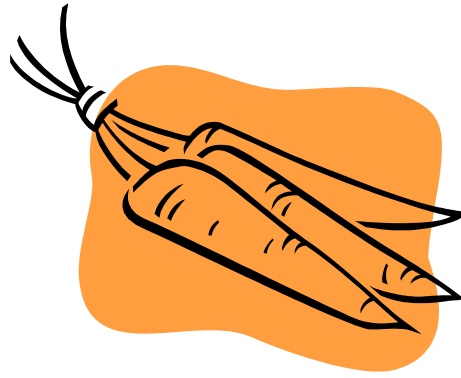


Honey Glazed Carrots and Parsnips

6 medium parsnips
4 medium carrots
2 Tbsp butter
2/3 c chicken stock
2 Tbsp honey
2 tsp lemon juice
1 tsp curry powder
salt and pepper



Peel parsnips and carrots. Cut in half lengthwise, then slice diagonally into 1/2 inch pieces. In large skillet, combine carrots, butter, stock and pinch of salt. Bring to boil over high heat. Reduce heat to medium and simmer, covered, 4 minutes. Add parsnips; cook 4-6 minutes or until veggies are tender. With slotted spoon, transfer veggies to shallow baking dish, reserving liquid in pan. Sprinkle veggies with salt and pepper. Add more stock to pan if necessary to make 1/4 cup. Stir in honey, lemon juice and curry powder. Bring to boil over high heat and boil 1 minute or until liquid has thickened slightly. Pour over veggies. (Recipe can be prepared ahead up to this point and refrigerated, covered, up to 1 day.) Reheat vegetables, uncovered, in 400 degree oven 15-20 minutes or until slightly glazed. Stir once during cooking.