

Honeybush Apricot Glazed Carrots, Parsnips, and Sweet Potatoes

1/2 lb carrots, peeled and cut into sticks
1/2 lb parsnips, peeled and cut into sticks
1/2 lb sweet potatoes, peeled and cut into sticks
1 C water
2 T Honeybush Apricot tea
1/4 C dried apricots, chopped
2 T honey

2 T unsalted butter
1 T olive oil
1 T apple cider vinegar
1 t fresh thyme leaves (or 1/2 t dried thyme)
Salt and pepper to taste
Fresh thyme sprigs (for garnish)

BREW THE TEA: Bring the water to a boil, then remove from heat. Add the Honeybush Apricot tea and let steep for 5-7 minutes. Strain the tea and let it cool to room temperature.

PREPARE THE GLAZE: In a small saucepan, combine the brewed tea, chopped dried apricots, honey, butter, olive oil, apple cider vinegar, thyme leaves, salt, and pepper. Cook over medium heat, stirring occasionally, until the apricots are soft, and the mixture has thickened slightly, about 5-7 minutes.

COOK THE VEGETABLES: In a large skillet, heat a bit of olive oil over medium-high heat. Add the carrot sticks, parsnip sticks, and sweet potato sticks. Sauté for 5-7 minutes, until they start to soften and brown slightly.

GLAZE THE VEGETABLES: Pour the glaze over the vegetables in the skillet. Reduce the heat to medium and cook, stirring occasionally, until the vegetables are tender, and the glaze is thick and coats the vegetables, about 15-20 minutes.