

Sweet & Savory Roasted Carrots

Roasting carrots brings out their natural sweetness. This quick but impressive dish packs a lot of flavor and allows the humble carrot to be the star of the show!

YIELD 4 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 25 MIN
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INGREDIENTS

2 Tbsp	Olive Oil
1 ½ lb	Carrots, peeled, cut into ¼" rounds
1 Tbsp	Honey
4 cloves	Garlic, minced
¼ tsp	Kosher Salt
To Taste	Black Pepper, ground
3 sprigs	Rosemary, fresh, minced
½ each	Orange, zested and juiced

CHEF'S NOTES

Carrots are rich in antioxidants and come in a variety of colors: red, orange, yellow, and purple. Using a combination of colors will make an appealing side for any meal.

Make your presentation a little fancier by cutting your carrots on the bias. Simply make your cuts at a 45-degree angle!

Take these carrots a step further by adding toasted nuts or seeds and more fresh herbs such as parsley or chives once they have cooled.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 400°F and line a baking sheet with parchment paper.
2. Combine all ingredients in a medium bowl. Using a spatula, mix thoroughly until well combined.
3. Arrange the carrots in a single layer on the baking sheet and bake until tender and browned on the edges, about 20-25 minutes, flipping halfway through.

Nutrition Facts

4 servings per container

Serving size 1/2 cup (197g)

Amount Per Serving

Calories 160

% Daily Value*

Total Fat 7g 9%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 240mg 10%

Total Carbohydrate 23g 8%

Dietary Fiber 5g 18%

Total Sugars 13g

Includes 4g Added Sugars 8%

Protein 2g

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 0.6mg 4%

Potassium 580mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

