



Honey Garlic Roasted Carrots



Ingredients

- 2 lb carrots
- 2 tbsp olive oil
- 3-4 garlic cloves minced
- 2 1/2 tbsp honey or maple syrup
- 1/2 tsp Kosher salt or to taste
- 1/4 tsp fresh ground pepper or to taste
- Chopped fresh parsley to garnish

Directions

1. Preheat the oven to 400F.
2. Peel and slice the carrots diagonally into about 2-inch pieces.
3. Place the carrots to a large bowl. Add oil, garlic, honey/maple syrup, salt and pepper. Mix well until all pieces are evenly coated.
4. In a large, non-stick baking pan, arrange the coated carrots in a single layer.
5. Place into the preheated oven and bake for about 15-20 minutes, or until caramelized and tender.

Notes

- Carrots: You can use orange or rainbow whole carrots.
- Garlic cloves: Buy it minced or mince fresh cloves.
- Honey: You can substitute maple syrup, for a vegan option.
- Cut the carrots into the same size pieces (about 2 inches) to cook evenly.
- If your pan is not non-stick line it with foil and spray with non-stick cooking spray before roasting.
- Storage: Store in a sealed container in the fridge for up to 3 days. Reheat in the microwave or in the oven.

NUTRITION FACTS

Serving per recipe: 6

Amount per serving

Calories: 132 cal
Carbohydrates: 22g
Protein: 2g
Fat: 5g
Saturated fat: 1g

Sodium: 299mg
Potassium: 490 mg
Fiber: 4g
Sugar: 14g
Vitamin A: 25259IU
Vitamin C: 9mg

Calcium: 53 mg
Iron: 1mg