

Honey Glaze-Roasted Carrots



A simple carrot side dish works well with any entree. Lucky Lime & Sea Salt honey brings a sweet citrusy taste to this healthy vegetable. Or, try Fiery Sweet Mesquite honey for an extra layer of fall flavor.

Ingredients

1 pound raw carrots, peeled
5 tablespoons Lucky Lime & Sea Salt honey or Fiery Sweet Mesquite honey
3 tablespoons high quality extra virgin olive oil
½ teaspoon parsley
¼ teaspoon ground nutmeg

Instructions

Preheat oven to 350 degrees. Place the whole carrots into a baking dish, and drizzle with olive oil. Mix until the carrots are completely covered with the olive oil. Sprinkle in ground parsley and nutmeg, then mix until evenly coated.

Bake in the oven until just tender, or cooked to your desired degree of doneness, 40 minutes to 1 hour. Remove from oven and drizzle with Lucky Lime & Sea Salt honey. Mix until honey coats the carrots.

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