

ROASTED CARROTS

SERVINGS: 4-5



PREP TIME: 10 MINUTES



COOK TIME: 40 MINUTES



Ingredients:

- 1 pound small whole carrots, peeled
- 5 tablespoons Lucky Lime & Sea Salt Honey
- 3 tablespoons extra virgin olive oil
- 1/2 teaspoon parsley
- 1/4 teaspoon ground nutmeg

Directions:

1. Preheat oven to 350 F degrees.
2. Place the whole carrots into a baking dish and drizzle with olive oil.
3. Mix until the carrots are completely covered with the olive oil.
4. Sprinkle in ground parsley and nutmeg, then mix until evenly coated.
5. Bake in the oven until just tender, about 40 minutes.
6. Remove from oven and drizzle with Lucky Lime & Sea Salt Honey.
7. Mix until honey coats the carrots.

Notes:

Prior to roasting, spread the carrots in a single, even layer with breathing room between them. Overcrowding traps steam, making them soggy instead of deeply browned.

