

DECEMBER: Local Honey-Roasted Carrots •

Cook time: 15 + 25 minutes

Ingredients:

- 3 to 4 bunches (depending on size) fresh, local carrots, peeled
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons local honey
- Salt and freshly ground black pepper, to taste
- Freshly ground black pepper



Directions:

- Preheat the oven to 450°F.
 - 2. Cut the carrots into thirds, crosswise on a sharp diagonal.
 - 3. Bring salted water to a boil in a large pot fitted with a steamer basket. Let carrots steam until just tender, about 5 minutes. Drain and place in a bowl. Toss with the oil, honey, salt and pepper.
 - 4. Place the carrots on a baking sheet in a single layer and bake for 25 minutes. Loosen them from the baking sheet with a spatula.
- Adjust the seasonings and remove to a serving bowl.

NUTRITION

Per serving: 110 calories, 17g carbohydrate, 1g protein, 4.5g fat, no cholesterol



.....cut here.....

HOME SURVEY: Fill out and return this survey to your homeroom teacher.

1. Did your children help prepare this recipe?

(circle one)	YES	NO
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2. Did your family enjoy preparing this month's featured recipe?

	YES	NO
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3. Is this the first time your family members have tried this vegetable / fruit?

	YES	NO
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4. Did your family members learn new facts or information about this month's fruit or vegetable?

	YES	NO
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5. Did your family like this month's featured item?

	YES	NO
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