

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

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