

Roasted Carrots

Prep Time: 5 min

Cook Time: 25-30 min

Servings: 4



Did you know carrots contain sucrose, glucose and fructose? This is one reason carrots are perfect for roasting. The higher heat of roasting removes water from the carrots and breaks down the natural sugars. This process of caramelization deepens the flavor, adding a slightly sweet and nutty tone to the mildly sweet, earthy taste of the carrot. Elevate this dish with a squeeze of lemon or a drizzle of vinegar.

Ingredients

- 6 medium carrots
- 1-2 Tbsp oil
- salt & pepper, to taste

Steps

1. Preheat oven to 400°F. Line a baking tray with parchment paper (for easy clean-up) and set aside.
2. Scrub carrots well, remove ends (stem and tip), no need to peel.
3. Slice carrots at a 45° angle about 1 inch thick, this is called a diagonal cut. If using larger carrots you may wish to cut thick end in half before slicing.
4. Pile carrots in the center of lined baking tray. Drizzle with oil and season with salt & pepper. Toss well to evenly coat. Spread carrots into a single layer. Place baking tray on center rack of oven.
5. Roast carrots for 12-15 minutes until bottoms begin to brown. Turn carrots and continue to roast for an additional 10-15 minutes until carrots are evenly browned and tender.
6. Serve hot.