

Maple Roasted CARROTS

- Rainbow Mix Carrots, scrubbed but not peeled (slice or leave whole depending on the size)
 - 1 Tablespoon pure maple syrup
 - 1 Tablespoon olive oil
 - 1 Tablespoon lime juice
 - Dash of salt
 - Handful of cleaned carrot greens, stem removed & leaves coarsely chopped
1. Preheat oven to 425 degrees.
 2. Scrub carrots well. I leave the skins on which gives the carrots an earthier taste. You may also peel the carrots if you prefer. Depending on the size of your carrots, you can slice them into coins, slice in half, or leave whole.
 3. Combine maple syrup, olive oil, and lemon juice in bowl.
 4. Stir in carrots, salt, and carrot greens until everything is coated.
 5. Add carrots to cookie sheet lined with parchment paper.
 6. Cook 15 minutes at 425 degrees, then stir and flip the carrots. Roast approximately 15 more minutes, or until fork tender.



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