



Parker's
100% REAL MAPLE™



CORIANDER MAPLE GLAZED CARROTS

The perfect colorful side dish for your holiday spread or an easy option to whip up for your weeknight family dinner.

INGREDIENTS

2 1/2 lb. rainbow carrots, halved crosswise
2 tbsp. olive oil
2 tsp. whole coriander seeds, crushed
1 1/2 tbsp. Parker's Real Maple Syrup
1 tsp. grated lime zest
1 tablespoon lime juice
Salt and pepper to taste

DIRECTIONS

- 1. Heat your oven to 425°F.*
- 2. Toss together the carrots, oil, and coriander in a medium sized bowl.*
- 3. Season the carrots with salt and pepper and lay them out on a baking sheet.*
- 4. Bake for 18-20 minutes, stirring and rotating the carrots halfway through, until they are golden brown.*
- 5. Take them out of the oven and toss with maple syrup, lime zest, and juice. Enjoy!*