

- Themed Menu Accompanying Recipe -

Roasted Carrots

This is a no-measure recipe. Follow Frank's method and you'll do just fine.

Line a rimmed cookie sheet with foil or parchment paper. If you are using foil, oil the foil. Set aside.

Preheat oven to 425°F.

You'll need enough carrots to serve as many people as you like.

If the carrots are fall fresh, just give them a scrub and trim the tops. If the carrots are winter stored, you'll likely have to peel them.

Place the prepared carrots in a bowl. Drizzle with a good amount of olive oil.

Sprinkle over **Rusty Sled All-Canadian Blend & Rub**. Because this seasoning is not salty you can be fairly liberal with how much you use.

Get your hands in the bowl and toss the carrots well. Transfer them to the cookie sheet. Be careful not to overcrowd the pan, as you need the heat to circulate well in order to 'roast' rather than 'steam' the carrots. In this case, less is more.

Bake about 40 minutes. Test with a fork for doneness.



This is Frank's tried-and-true method for roasting any vegetable. Try Rusty Sled on roasted potatoes - you'll be the hero of your family! Guaranteed.

Ok, we know you hate brussels spouts but Frank's method will have you changing your mind. It changed ours!

