

Roasted Carrots

Ingredients

- 1 pound of carrots
- $1\frac{1}{2}$ tsp of olive oil
- $\frac{1}{4}$ tsp salt
- $\frac{1}{8}$ tsp Fresh cracked pepper
- 1 Tbsp balsamic vinegar
- $1\frac{1}{2}$ tsp sugar

Directions

1. Preheat oven to 400°F.
2. Cut full length carrots in half, and then cut each half into quarters lengthwise. If using baby carrots, just cut into quarters lengthwise.
3. In a large bowl, add olive oil, salt and pepper, stir to mix. Then add in cut carrots, toss to coat.
4. Cover a large baking sheet with aluminum foil. Spread the carrots on a sheet. Roast in the oven for 25 minutes, turning half way through.
5. Mix sugar and balsamic vinegar together. Drizzle over the carrots, Roast for another 8 minutes, until carrots are soft and sugar has dissolved. Take care not to burn the carrots.

Handling & Storage

When storing carrots, remove tops, which are edible, and refrigerate in a plastic bag for up to 2 weeks. Do not store next to apples and pears, which can speed up ripening.

To prepare, do not wash carrots until ready to use. Gently scrub under cold water to remove all dirt surface. Next, trim the ends and peel if desired. If there is a bad spot on them, cut it out.

Nutritional Information

Calories: 68

Total Fat: 1.8 g

Saturated Fat: 0.3 g

Trans Fat: 0.0 g

Cholesterol: 0 mg

Sodium: 226 mg

Total Carbohydrates: 12.7 g

Dietary Fiber: 2.8 g

Sugars: 7.1 g

Protein: 0.9 g

Serves: 4