

HONEY GLAZED CARROTS

Ingredients:

- 2 pounds of carrots peeled
- ¼ cup of honey
- 3 garlic cloves, minced
- 2 tablespoons of melted butter or ghee
- 1 tablespoon olive oil
- 1 teaspoon cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon salt
- ¼ teaspoon black pepper
- Parsley, thyme or other herbs for garnish

Directions:

1. Dice carrots. Preheat the oven to 425 degrees, then cut the carrots on a diagonal about 1"-1.5" in length. If your carrots are large and thick you can slice them in half as well.
2. Toss carrots. In a mixing bowl, toss the sliced carrots with honey, butter, oil, garlic, and spices.
3. Roast. Pour the carrots and glaze onto a sheet pan and spread them out. Roast for 20-25 minutes, tossing halfway through. You can also broil for 2-3 minutes to get caramelization on the edges.
4. Serve. Transfer the carrots to a serving dish and garnish with herbs of your choosing.

Enjoy!

