



## sweet balsamic roasted carrots

The best way to bring out the flavor of carrots? Roast them, especially like we do these Sweet Balsamic Roasted Carrots, where they become not only tender but also caramelized.

SERVES: 6



# julie albert & lisa gnat

### ingredients

- 2 lbs carrots, peeled and cut into 2-inch sticks resembling French fries
- 2 tbsp butter
- 2 tbsp packed brown sugar
- 1 tsp balsamic vinegar
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper

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### directions

1. Preheat oven to 450°F. Line a baking sheet with aluminum foil and coat with non-stick cooking spray.
2. In a small saucepan, melt butter over medium heat. Add the brown sugar and vinegar, stirring to combine just until the sugar melts. Remove from heat.
3. In a medium bowl, toss cut carrots with brown sugar glaze, salt and pepper. Place on baking sheet in a single layer.
4. Bake 15-20 minutes, until carrots are starting to brown on the bottom. Stir carrots and return to oven for 5-10 minutes until carrots are caramelized and tender.

*“I never worry about diets. The only carrots that interest me are the number you get in a diamond.”*

— MAE WEST

