

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's Oil-free Roasted Carrots

INGREDIENTS:

3 lbs. carrots, peeled and cut into quarters (length-wise and then in half)

1/4 cup Pure Maple Syrup

2 TBSP Spicy Dijon Mustard

4 TBSP Red Wine Vinegar

Salt & Pepper to taste

2 tsp Garlic Powder

2 tsp Onion Powder

1 TBSP Dried Ground Thyme

1 TBSP Dried Ground Rosemary



DIRECTIONS:

- ♥ Line a roasting pan with aluminum foil.
- ♥ Combine syrup, mustard and vinegar together, toss carrots in the mixture and spread on the lined roasting pan.
- ♥ Sprinkle with all seasonings and spices, and toss with hands to combine.
- ♥ Roast at 415 degrees for about 30-40 minutes, stopping half way through the cooking time to turn/flip carrots over.
- ♥ If the carrots aren't roasting at that point, then feel free to make up some more of the dressing mixture and add to the carrots. I've found that the extra liquid helps gets the carrots cooking through a bit quicker!

This technique will work for other veggies as well, adjust the seasonings/spices to your taste.

Compliments of Eat Your Heart Out Edibles

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