

# HONEY ROSEMARY CARROTS

*A SIMPLE HERB ROASTED CARROT WITH A TOUCH OF SWEETNESS*



Yield: 4 – Serving Size: 4oz. – Prep Time: 20 Minutes



## Ingredients:

- 1 tsp. - Rosemary, Minced
- 1 tsp. - Garlic, Peeled, Minced
- 1 Tbsp. - Butter, Unsalted
- 3 Tbsp. - Honey
- 1 lb. - Carrots, Baby
- 1 tsp. - Salt
- ½ tsp. - Black Pepper, Ground

1) In a sauté pan or sauce pot over medium heat add the rosemary, garlic, butter, salt and black pepper. Allow to heat until the butter has melted.





2) Once the butter has melted add the honey to the butter mixture and allow the mixture to heat until it begins to form bubbles.

3) Combine the honey butter mixture with the baby carrots in a mixing bowl. Mix the carrots until all are thoroughly coated.



4) Place the carrots on a baking pan/sheet pan lined with parchment or sprayed with pan spray. Distribute the carrots to form an even single layer. Place the carrots in the oven at 350 degrees for approximately 10 minutes then remove and stir. Replace the carrots for an additional 10 minutes or until fork tender.

5) Remove from the oven.





6) Serve and enjoy alongside our Lemon Herb Chicken!

Equipment Needed: Sheet Pan / Baking Pan, Large Spoon or Rubber Spatula, Measuring Cups and Spoons, Mixing Bowl, Knife, Cutting Board

**Calories:** 115Kcal – **Calories from Fat:** 27Kcal – **Total Fat:** 3.1g – **Saturated Fat:** 1.8g – **Trans Fat:** 0g – **Cholesterol:** – 7.6mg  
**Sodium:** 670.9mg – **Total Carbohydrate:** 22.5g – **Dietary Fiber:** 3.4g – **Sugar:** 17.4g – **Protein:** 1g