

Maple Glazed Roasted Carrots

prep 15min ★ cook 35min ★ servings 4

INGREDIENTS

1lb carrots, coarsely cut

1 tbsp olive oil

1 tbsp maple syrup

salt and pepper to taste

INSTRUCTIONS

Preheat oven to 400 degrees F. Add olive oil to a large frying pan over medium to high heat, then add carrots.

Saute carrots 3-4 minutes, or until the surface looks slightly blistered and starting to color. Turn down heat to low and add maple syrup and stir to coat carrots.

Season well with salt and fresh-ground black pepper.

Coat a non-stick sheet pan with cooking spray. Transfer carrots to sheet pan and roast for 10-15 minutes, or until they are slightly browned.

Serve hot.

