

# Honey Glazed Carrots



Greater Cleveland  
Food Bank

**MAKES: 6 servings**

**TIME: 30 minutes**

## 24 Carrot Gold

This humble root vegetable is worth its weight:

- Beta-carotene (vitamin A) for eye health
- Potassium to lower blood pressure

Serve this as a side with roast turkey or chicken for protein, and potatoes for carbs.

Adapted from: [AfricanBites.com](http://AfricanBites.com)



## Ingredients

- 1½ pounds carrots, rinsed and scrubbed
- 2 T butter
- 2 T olive oil
- Cooking spray
- 3-5 garlic cloves  
(or ½ t powder – add after baking)
- 1-2 t fresh thyme  
(or ¼ t dried - add after baking)
- 3 T honey
- Salt and pepper, to taste
- Chopped parsley (optional garnish)

## Directions

1. Pre-heat oven to 400F degrees.
2. Grease baking tray with butter, oil or spray (or line with parchment paper).
3. Cut carrots into large chunks.
4. Melt butter with oil in skillet; add garlic and thyme for 1 minute or until fragrant.
5. Add honey and carrots; mix well.
6. Cook for 1 minute, then transfer to baking tray and oven.
7. Roast for 18-20 minutes or until tender.
8. Taste and season if desired; garnish.

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