

friendsgiving Recipe



Recipe for: Maple-Dijon Roasted Carrots

From the Kitchen of: Twin Roots Garden Co.

MAKES: 6 servings | PREP: 15 min | BAKE: 25-35 min | OVEN: 425°F

Ingredients

2 lb carrots, peeled; cut into even sticks
2 tbsp olive oil
3/4 tsp kosher salt, or to taste
1/4 tsp black pepper
1 tbsp pure maple syrup
1 tbsp Dijon mustard
1 tbsp apple cider vinegar
1 tsp fresh thyme leaves
Chopped parsley (optional)

Directions

1. Heat oven to 425°F. Toss carrots with olive oil, salt and pepper.
2. Spread on a large rimmed baking sheet. Use two pans if crowded.
3. Roast 25-35 minutes, turning once, until tender and browned at the edges.
4. Whisk maple syrup, Dijon, vinegar and thyme together.
5. Toss hot carrots with dressing. Taste and adjust seasoning. Finish with parsley, if desired.

