



FOR YOUTH DEVELOPMENT®
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Roasted Brown Butter Honey Garlic Carrots

YMCA of Northern
Rock County

This is a quick and easy way to add lots of flavor to plain carrots.

Servings: 6 (5 ounces, 9-10 carrots each)

Ingredients:

- 2 pounds carrots (organic is best), cut into 2" pieces
- 1/2 cup butter
- 3 Tablespoons local or raw honey
- 2 garlic cloves, minced
- Salt and pepper
- Parsley chopped for garnish

Directions:

1. Preheat oven to 425 degrees F. In a medium saucepan, add butter and cook over medium high heat. Continue to whisk for a few minutes until butter starts to become frothy and brown. Add honey and garlic and remove from heat.
2. In a large bowl, add carrots and drizzle sauce on top. Toss until coated and spread evenly in a large baking dish. Season with salt and pepper.
3. Cover with foil and bake 10 minutes. Remove foil and bake for 20-25 minutes or until carrots are tender. Transfer to a serving dish and garnish with parsley. Serve immediately.

Nutritional Information:

Calories: 169
Fat: 15.3g
Carbs: 8.9g
Protein: 0.3g



This recipe is provided to you by Y
Personal Trainer, Kelly Jones

