

Balsamic Roasted Carrots

This dish will add color and flavor to any meal. It is best to use baby carrots, but only use the ones sold in bunches with the tops still attached. Do not use the ones that are sold in a bag. You can use larger carrots, just be sure to peel and slice them on the diagonal to a medium thickness.

INGREDIENTS

1/4 c. balsamic vinegar
1/4 c. extra-virgin olive oil
2 Tbsp. maple syrup
1/2 tsp. crushed red pepper flakes
1 1/2 lb. carrots
Kosher salt
Freshly ground black pepper
Freshly chopped parsley, for serving

DIRECTIONS

Preheat oven to 400°. In a large bowl, combine vinegar, oil, syrup, and red pepper flakes. If using baby carrots add them whole. If using larger carrots, peel them and slice them on the diagonal before adding them to the bowl. Season with salt and pepper and toss to coat. Place carrots on a large baking sheet, being sure not to overcrowd.

Roast until carrots are fork-tender and slightly charred, 30 minutes.

Garnish with parsley to serve.