Dinner, American

Maple Balsamic Oven Roasted Carrots

Tender carrots get a glossy coating of balsamic vinegar, maple syrup and Dijon mustard, then roast until caramelized at the edges. Dried thyme adds a savoury note to balance the sweetness.

35 min	120	15 g	11 g
time	calories	carbs	sugars



Vegan | Dairy free | Nut free

Ingredients, 4 servings

- [ ] 2 tbsp olive oil
- [ ] 2 tbsp balsamic vinegar
- [ ] 1 tbsp maple syrup
- [ ] 1 tsp Dijon mustard
- [ ] 1 tsp dried thyme
- [ ] 1/4 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 1 lbs carrots (washed and peeled)

Method

- [ ] **1** Heat the oven to 425 degrees F.
- [ ] **2** Whisk the olive oil, balsamic vinegar, maple syrup, Dijon Mustard, dried thyme, salt, and black pepper together in a mixing bowl until blended.
- [ ] **3** Add the carrots to the bowl and turn them so every piece is evenly coated in the glaze.
- [ ] **4** Arrange the coated carrots in a single layer on a baking sheet.
- [ ] **5** Roast for 25 minutes, giving the carrots a turn halfway through, until they are tender and caramelized.

Nutrition Facts

Per serving

Calories	**120**
Total fat	7 g
Saturated fat	1 g
Sodium	270 mg
Total carbs	15 g
Fiber	3 g
Total sugars	11 g
Protein	1 g

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