

# Healthy Honey Roasted Carrots

*Honey brings such a pleasant sweetness to these carrots in this easy recipe. These roasted honey glazed carrots are the perfect side dish for any meal.*

I made this recipe last week as a side dish to our dinner. It turned out fantastic and I wanted to share it with you. Even though I used basic ingredients, the roasted carrots had such a wonderful flavor. Roasting them caramelizes the natural sugars and the honey just throws them over the top.

This recipe is not only easy and quick to put together but it is also packed with vitamins and minerals. Carrots are immune boosters and perfect for this flu season. So next time you are wondering what healthy side dish to cook, try these delicious carrots. Even the pickiest of eaters will gobble these up.

There are so many ways to eat carrots – cooked, sauteed, grilled, roasted, juiced, in smoothies, raw. I don't remember ever seeing fried carrots though. The people here in the South are known for frying everything, so who knows. So, what is your favorite way to eat carrots?

What To Serve This Honey Roasted Carrots With

You can serve them with any type of meat or seafood. You can also serve them with **mashed potatoes** and **meatloaf**.

**For Ingredients And Complete Cooking Instructions Please Head On Over To Next Page Or Open button (>) and don't forget to SHARE with your Facebook friends**

## Ingredients

1½ pounds carrots, peeled and cut all the same size, (I used Earth Exotics)

2 Tablespoons olive oil  
3 Tablespoons honey  
1 Tablespoon brown sugar  
freshly-ground salt and pepper

### **Directions**

Preheat oven to 425 degrees.

In a bowl, combine the honey and brown sugar. Microwave for about 15 seconds. Just enough to melt the honey.

Coat the carrots with the olive oil, salt and pepper. Add in the honey mixture until evenly coated

Spread in an even layer on the baking sheet. Roast for 15 minutes. Remove tray and keep the oven door closed to retain heat. Using tongs, turn the carrots over and return to the oven for another 30 minutes or until they start to caramelize.

Source : [allrecipes.com](http://allrecipes.com)