Healthy Honey Roasted Carrots – It's Mouthwatering!

These carrots are out of this world!

I come from a family with a generational history of eye problems so my grandmother always pounded into everyone's head that we should be doubling up on the carrots. Why? Because beta-carotene helps increase healthy vision and eye health.

Now, I'm not saying by making this side dish you are going to have super-human eye powers but you will have insanely satisfied taste buds. My family is crazy about these roasted potatoes and I make them for all our get-togethers, too.

This is such a simple recipe and you're going to get amazing flavor with very little effort! G'head, give this roasted carrot recipe a try. I dare you!

To Make this Recipe You'Il Need the following ingredients:

PLEASE, USE THE NEXT PAGE BUTTON OR OPEN BUTTON BELOW FOR THE RECIPE AND INGREDIENTS.

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 carmalize.

Marlene Says

per serving To get my carrots to look the way they do, I purchased Petites Carottes Epluchees (Peeled Baby Carrots. They come in 8 ounce bags.

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