

A close-up photograph of a person's hands holding a carrot in a garden bed. The person is wearing a light blue and white striped shirt and light blue shorts. The garden bed is filled with various green leafy vegetables, including lettuce and spinach. The background is slightly blurred, showing more of the garden and a wooden structure.

LOCAL FOODS FOR GROWING MINDS

**FEED
OUR
FUTURE**

RECIPE CARD

Grow it. Share it. Eat it.

Cooking together not only leads to delicious healthy meals, it can also be a great way for families to spend more time together, teach each other about local foods that are in season, and how to prepare them.



Maple Roasted Carrots

Featured Item: Carrots

Serving Size: 1/2 cup • Yield: 25

HACCP Process #2:

Same day service

Child Nutrition Credit:

0.5 Cups of Red/Orange

INGREDIENTS

- Carrots, raw, local : **4 lbs. 8 oz.**
Olive Oil, Extra Virgin: **2 tbsp.**
Salt: **1/4 tsp.**
Black Pepper: **1/4 tsp.**
Maple Syrup: **2 tbsp.**

DIRECTIONS

1. Preheat oven to 350°F.
2. Wash and scrub carrots. Cut into 2 inch pieces on the bias.
3. Arrange carrots on a sheet pan. Toss carrots with oil, salt, and pepper.
4. Spread out and bake for 20-25 minutes. Toss with a spatula half way through.
5. During the last 5 minutes, drizzle with maple syrup. Toss and finish cooking until tender.

Source: Pisanick Partners, LLC.