



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: 4

Fun Facts:

- Carrots are made up of 88% water.
- Carrots are some of the most sugary vegetables in the world!

Try It!

- You can eat the green leaves on carrots. Cut them up and put them in soups or salads.

INGREDIENTS

Carrots, raw, local :	1 pound
Extra Virgin Olive Oil:	1 teaspoon
Salt:	1/4 teaspoon
Black Pepper:	1/4 teaspoon
Maple Syrup:	1 teaspoon

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.