

sweet & tangy roasted carrots

serves 4

ingredients

- 1 lb whole carrots, unpeeled, sliced lengthwise
- 2 tsp salt
- 1 tsp pepper
- 1 tsp chili flakes
- 2 tbsp olive oil
- 1 tbsp honey
- juice from one lemon
- 1 red onion, cut into thick slices
- 1 orange, unpeeled, cut into slices

instructions

heat oven to 400°. line a 9" by 13" pan with foil and spray with cooking spray. on the pan, toss the carrots, salt, pepper, chili flakes, olive oil, honey, and lemon juice together. evenly disperse the red onion and orange around the pan. roast until the carrots are browned, sticky, and fork tender, around 30-40 minutes. serve warm or at room temperature.

