

Honey Glazed Carrots



Recipe Courtesy Chef Bryan Woolley

4 cups baby carrots
¼ cup freshly chopped rosemary
2 tbsp extra virgin olive oil
Salt and pepper
1/3 cup honey

1. In a large bowl toss together baby carrots, fresh rosemary, and extra virgin olive oil. Salt and pepper to taste.
2. Transfer carrots to a baking sheet and place in a preheated 425-degree oven for about 20 minutes.
3. Remove tray from oven and transfer carrots to a large bowl and drizzle honey over cooked carrots. Toss to coat and serve.
4. Enjoy! Serves 8.

Nutrition Facts

Serving Size: ½ cup

Calories	107
Total Fat	4g
Saturated Fat	1g
Cholesterol	0mg
Sodium	190mg
Carbohydrate	19g
Dietary Fiber	3g
Protein	1g

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