

Honeyed Balsamic Carrots

The natural acidity of our balsamic vinegar with a touch of honey makes a luscious glaze for fresh carrots. Slow roasting them brings out rich caramelized flavors without too much sweetness. A fantastic side dish for dinner, add to a grain bowl for next day lunch. Approx. 6 servings

Simple Ingredients

- 2-pounds carrots slightly thin, similar in size and thickness, if possible organic.
- 2 tablespoons Villa Graziella Organic Extra Virgin Olive Oil + extra for drizzling.
- 2 tablespoons Villa Graziella Organic Balsamico, Silver Label Balsamic Vinegar.
- 1 tablespoon honey, if possible organic.
- 1 teaspoon each sea salt & freshly cracked pepper.
- 2 teaspoons fresh carrot leaves, washed, stalks removed & chopped. *-optional-*

Easy Directions

1. Wash and dry carrots, peel *-optional-* and slice in half or quarters.
2. In a medium-large bowl whisk together balsamic vinegar, honey, olive oil, salt & pepper.
3. Add the carrots to the bowl and mix well until they are thoroughly coated.
4. Set aside allowing carrots to fully absorb the vinegar, 15-20 minutes.
5. As the carrots rest, preheat oven to 375-400°F.
6. Line a baking sheet with parchment paper, spread carrots over the sheet.
7. Roast in the oven 15 minutes, turn and flip the carrots.
8. Return to the oven and roast an additional 10-15 minutes until carrots are tender but not too soft.
9. Remove from oven, season to taste with olive oil, salt & paper. Sprinkle with fresh carrot leaves or chopped parsley.
10. Serve & enjoy!

Helpful Hints:

- Slicing carrots in half or in quarters ensures they thoroughly cook before they caramelize. Thinner, slim carrots are better than large ones for this recipe. If too big, the glaze can burn by the time they soften.
- Ovens vary, roast at 400°F max to avoid the glaze charring. Depending on the size, carrots can take up to 45-50 minutes to cook through.
- Carrot greens make a tasty substitute for flat leaf parsley. Strip the green leaves from the stalks, chop & garnish. Add greens to salads, chimichurri or pesto sauces, stock & soups.