

Ginger Maple Roasted Carrots

Servings: 2

Total time: 60 minutes

Prep time: 45 minutes

Ingredients:

- 8 large carrots, peeled and cut into sticks
- 1 tablespoon maple syrup
- 1 teaspoon minced ginger
- 1/2 teaspoon salt
- 1 ½ tablespoons olive oil
- Rosemary and parsley for garnish

Directions:

Step 1

Preheat your oven to 400°F (200°C).

Step 2

In a bowl, toss the carrots with olive oil, maple syrup, ginger, and salt.

Step 3

Spread the carrots on a baking sheet in a single layer.

Step 4

Roast for 25-30 minutes, until tender and caramelized.

Step 5

Garnish with fresh rosemary and parsley before serving.