

# Roasted Glazed Carrots

## Option 1: Honey (or Maple) Glazed Carrots

### Ingredients

- 1½ lb carrots (rainbow or regular), peeled and trimmed
- 2 tbsp olive oil
- 1 tbsp honey or maple syrup
- 1 tbsp butter, melted
- 1–2 cloves garlic, lightly smashed
- Fresh thyme sprigs or leaves
- Salt
- Freshly ground black pepper

### Instructions

1. Preheat the oven to 400°F and arrange the carrots on a large baking sheet.
2. Drizzle with olive oil and melted butter, then add the honey or maple syrup. Toss gently to coat.
3. Scatter the garlic and thyme over the carrots and season with salt and pepper.
4. Roast for 30–35 minutes, turning once, until the carrots are tender and lightly caramelized.
5. Remove the garlic and thyme sprigs if used and serve warm.

## Option 2: Balsamic Glazed Carrots

### Ingredients

- 1½ lb carrots (rainbow or regular), peeled and trimmed
- 2 tbsp olive oil
- 1½ tbsp balsamic vinegar
- 1–2 tsp honey or brown sugar
- 1 tbsp butter, melted
- 1–2 cloves garlic, lightly smashed
- Fresh thyme sprigs or leaves
- Salt
- Freshly ground black pepper

### Instructions

1. Preheat the oven to 400°F and arrange the carrots on a large baking sheet.
2. Drizzle with olive oil and melted butter, then add the balsamic vinegar and honey or brown sugar. Toss gently to coat.
3. Scatter the garlic and thyme over the carrots and season with salt and pepper.
4. Roast for 30–35 minutes, turning once, until the carrots are tender and the glaze has reduced and clings lightly.
5. Remove the garlic and thyme sprigs if used and serve warm.

## Note & Storage

- Whole carrots give the best texture and presentation, but very thick carrots can be halved lengthwise, so they cook evenly.
- Honey or maple syrup creates a gentler sweetness, while balsamic glaze leans more savory and pairs well with roasted meats.
- If the carrots begin to brown too quickly, loosely tent the pan with foil and continue roasting until tender.
- Store leftovers in an airtight container in the refrigerator for up to 3 days.
- Reheat in a 350°F oven or gently in a skillet until warmed through.