

Foodnity Recipes

Glazed Carrots Recipe

A simple, sweet glaze turns ordinary carrots into a bright, comforting side dish that pairs beautifully with any main.

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1½ lbs carrots, peeled and cut into 3-inch sticks
- [ ] 2 tbsp unsalted butter
- [ ] 2 tbsp honey
- [ ] ½ tsp fresh thyme leaves
- [ ] 1 tsp lemon juice
- [ ] ¼ tsp sea salt

Instructions

1. Heat a large skillet over medium-high heat and melt the butter until it foams.
2. Add the carrot sticks in a single layer; let them sizzle for 3-4 minutes without stirring, so they develop a light caramel color.
3. Stir in the honey and thyme, then reduce the heat to medium. Cook, turning occasionally, until the glaze thickens and coats the carrots, about 6-8 minutes.
4. Finish with lemon juice and sea salt, give a gentle toss, and remove from heat.
5. Serve warm, perhaps alongside maple dijon roasted carrots for a sweet-savory combo.

Nutrition per serving

150 kcal	2 g	24 g	5 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
> - If you like a deeper flavor, brown the butter slightly before adding honey.
> - A pinch of crushed red pepper flakes adds a subtle heat that pairs well with the sweetness.
> - For extra crunch, sprinkle toasted pumpkin seeds just before serving.