

Foodnity Recipes

Honey Roasted Carrots – Sweet Oven-Caramelized Side

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 ½ lb carrots, peeled and cut into ½-inch sticks
- [ ] 2 tbsp honey
- [ ] 1 tbsp olive oil
- [ ] ½ tsp sea salt
- [ ] ¼ tsp freshly ground black pepper
- [ ] 1 tsp fresh thyme leaves

Finishing Touch

- [ ] 1 tsp lemon juice
- [ ] Additional thyme for garnish

Instructions

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. In a large bowl, toss the carrot sticks with olive oil, honey, salt, pepper, and thyme until evenly coated.
3. Spread the carrots in a single layer on the prepared sheet. Roast for 15 minutes, then use a spatula to turn them over.
4. Continue roasting for another 10-12 minutes, until the carrots are tender and the edges are caramelized.
5. Remove from oven, drizzle with lemon juice, sprinkle extra thyme, and serve warm.

Nutrition per serving

180 kcal	2 g	38 g	4 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a deeper flavor, add a pinch of smoked paprika before roasting.
- Be careful not to let the honey burn; keep an eye on the final minutes.
- For a quick snack, serve the carrots with a dollop of Greek yogurt.