

Foodnity Recipes

Maple Dijon Roasted Carrots

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

Ingredients

Main Ingredients

- [ ] 1 lb carrots, peeled and cut into 4-inch sticks
- [ ] 2 tbsp olive oil
- [ ] 3 tbsp pure maple syrup
- [ ] 1 tbsp Dijon mustard
- [ ] 1 tsp apple cider vinegar
- [ ] 1/2 tsp sea salt
- [ ] Freshly ground black pepper to taste
- [ ] 1 tsp fresh thyme leaves

Instructions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment.
2. In a bowl, whisk together olive oil, maple syrup, Dijon, vinegar, salt, and pepper.
3. Toss the carrot sticks in the glaze until evenly coated.
4. Spread carrots in a single layer on the prepared sheet; roast for 20-25 minutes, turning halfway, until caramelized.
5. Remove from oven, sprinkle fresh thyme, and serve warm.

Nutrition per serving

180 kcal	2 g	35 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a deeper flavor, let the carrots sit in the glaze for 10 minutes before roasting.
- A pinch of smoked paprika adds a subtle smoky undertone.
- For extra brightness, finish with a squeeze of lemon juice.