

Foodnity Recipes

Oven Roasted Honey Garlic Butter Carrots

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 1/2 lbs carrots, peeled and cut into 1-inch sticks
- [ ] 2 tbsp unsalted butter, melted
- [ ] 2 tbsp honey
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp lemon juice
- [ ] 1/2 tsp sea salt
- [ ] 1/4 tsp freshly ground black pepper
- [ ] 1 tbsp fresh thyme leaves or chopped parsley

Instructions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment; I always let the sheet warm for extra crispness.
2. In a large bowl, whisk together melted butter, honey, minced garlic, lemon juice, salt, and pepper; honey garlic chicken inspired this glaze.
3. Add the carrot sticks to the bowl, toss until evenly coated, then spread them in a single layer on the prepared sheet.
4. Roast for 20-25 minutes, stirring once halfway through, until carrots are tender inside and caramelized on the edges.
5. Remove from the oven, drizzle with a little extra melted butter if desired, and sprinkle fresh thyme or parsley; serve warm.

Nutrition per serving

210 kcal	2 g	28 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a deeper flavor, add a pinch of smoked paprika before roasting.
- A quick squeeze of fresh orange juice after roasting adds a citrus sparkle.
- For extra crunch, toss the carrots with a handful of chopped toasted almonds just before serving.