



Roasted Carrots with Balsamic Herb Glaze

With more than the total daily value of Vitamin A, great for vision health, these roasted baby carrots add a simple, but gourmet touch to your table.

Ingredients

- 1 lb baby carrots (*tri-colored for visual appeal!*)
- 1 TBSP dried rosemary
- 1 tsp kosher salt
- 2 TBSP balsamic vinegar
- 2 TBSP brown sugar
- 2 TBSP olive oil

Nutrition

Calories	134	Total Carbohydrate	17.2 g
Total Fat	7.4 g	Sugars	10.9 g
Cholesterol	0 mg	Vitamin A	105%
Sodium	663.2 mg	Vitamin C	8%
Protein	1.1 g		

Prep: 10 minutes Cook: 45 minutes Serves: 4

Directions

1. Clean carrots and lay in single layer on shallow baking sheet.
2. Mix remaining ingredients together in a small mixing bowl.
3. Pour mixture over carrots and place in 350° oven for 30-45 minutes or until carrots are tender.
4. Remove from oven and serve.
5. We plated ours on a bed of carrot tops and garnished with chopped chives.

View original recipe by: [Superman Cooks](#)



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