

Maple Glazed Carrots

40 MINS 2-3 SERVINGS

INGREDIENTS

- 1 pound of carrots
- 2 Tbsp olive oil
- 2 Tbsp maple syrup
- dash of ground cinnamon
- 1 garlic clove - minced
- optional: 1 Tbsp. butter
- pinch of salt and fresh cracked black pepper, to taste



BRAZOS VALLEY
foodbank



Adapted from: 2sistersrecipes
This institution is an equal opportunity provider. This material was funded in part by SNAP.

Maple Glazed Carrots

40 MINS 2-3 SERVINGS

INGREDIENTS

- 1 pound of carrots
- 2 Tbsp olive oil
- 2 Tbsp maple syrup
- dash of ground cinnamon
- 1 garlic clove - minced
- optional: 1 Tbsp. butter
- pinch of salt and fresh cracked black pepper, to taste



BRAZOS VALLEY
foodbank



Adapted from: 2sistersrecipes
This institution is an equal opportunity provider. This material was funded in part by SNAP.

PROCEDURE

1. Preheat the oven to 425 degrees F
2. Peel each carrot. Cut carrots into thirds or fourths, If some carrots are too thick, you can slice those lengthwise.
3. Toss carrots into a mixing bowl. Add in the maple syrup, olive oil, minced garlic, salt, pepper, and cinnamon. Toss the carrots until well combined.
4. Transfer to an 8 x 8, or a 7 x 10-inch baking dish.
5. Bake uncovered for 10 to 15 minutes. Pull them out and turn them over, or gently toss them to glaze evenly.
6. Return to the oven and continue to bake for an additional 10 to 15 minutes. Carrots are ready when they are caramelized on the edges.



BRAZOS VALLEY
foodbank



This institution is an equal opportunity provider. This material was funded in part by SNAP.



PROCEDURE

1. Preheat the oven to 425 degrees F
2. Peel each carrot. Cut carrots into thirds or fourths, If some carrots are too thick, you can slice those lengthwise.
3. Toss carrots into a mixing bowl. Add in the maple syrup, olive oil, minced garlic, salt, pepper, and cinnamon. Toss the carrots until well combined.
4. Transfer to an 8 x 8, or a 7 x 10-inch baking dish.
5. Bake uncovered for 10 to 15 minutes. Pull them out and turn them over, or gently toss them to glaze evenly.
6. Return to the oven and continue to bake for an additional 10 to 15 minutes. Carrots are ready when they are caramelized on the edges.



BRAZOS VALLEY
foodbank



This institution is an equal opportunity provider. This material was funded in part by SNAP.

