



# Catholic Health Initiatives

*Imagine better health.®*

## Roasted Honey Dijon Carrots

*Serves 2-4 people*

*Prep/cooking time:*

*Approximately 35 minutes*

### **Ingredients:**

1 lb. baby carrots

2 tbsp. olive oil

3 tbsp. honey

1½ tsp. Dijon mustard



*Tasty Weeknight  
Veggie*

### **Directions:**

Preheat the oven to 350 degrees. Put the carrots in a bowl with the oil, honey, and Dijon mustard and mix well until carrots are completely covered. Put carrots, in a single layer, on a parchment paper covered cookie sheet and roast for about 25-30 minutes. Serve immediately, or they're delicious as a snack!

*Harvest of the Month*  
*carrots*