



Honey Roasted Beets & Carrots

Ingredients:

- 4 medium beets
- 7 medium (or 4 large) carrots
- 1 Tablespoon olive oil
- 1/2 teaspoon sea salt
- 1 Tablespoon butter
- 2 Tablespoon honey
- 1 Tablespoon fresh herbs *thyme, rosemary, dill, etc.*

Instructions:

1. Preheat the oven to 450° Fahrenheit.
2. Wash and peel the carrots and beets. Chop the vegetables into even 1/2 inch pieces.
3. Add the beets and carrots to a sheet pan and toss with olive oil and salt.
4. Spread the vegetables out on the pan and roast at 450° for 20-25 minutes or until tender. The cooking time will vary based on the size of the vegetables.
5. Meanwhile, in a small microwave safe bowl, melt the butter in the microwave or in a saucepan on the stovetop on medium low heat. Whisk in the honey.
6. Remove the beets and carrots from the oven and pour the honey butter mixture over them. Toss until they are well coated.
7. Return to the oven for 5 minutes. Serve tossed with fresh herbs.

Serves 6.