



Honey-Roasted Baby Carrot Salad

Naturally sweet carrots roasted until tender and finished with honey and herbs

INGREDIENTS

- 1 lb baby carrots
- 1½ tbsp extra-virgin olive oil
- 1-2 tsp honey
- Sea salt
- Fresh thyme or parsley, finely chopped



DIRECTIONS

1. Toss carrots with olive oil and a pinch of sea salt.
2. Roast at 425°F (220°C) until tender and lightly caramelized, 20-25 minutes.
3. While hot, drizzle lightly with honey and toss to coat.
4. Transfer to a serving dish and finish with fresh herbs.

FLAVOR PROFILE

Oven-roasted baby carrots finished with a light touch of honey and fresh herbs, highlighting natural sweetness while delivering fiber, antioxidants, and clean, balanced flavor.

OPTIONAL ADD-ONS

- ½-1 tsp harissa (whisked with oil or tossed after roasting)
- Lemon zest
- Crumbled goat cheese or feta
- Toasted pistachios or almonds
- Yogurt Drizzle

