



## PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

### HONEY ROASTED CARROTS

2 pounds thin carrots, peeled, tops chopped off

¼ cup apricot preserves

2 tablespoons honey

2 tablespoons olive oil

1 tablespoon butter, melted

1 tablespoon balsamic vinegar

1 teaspoon garlic powder

1 teaspoon thyme leaves

¾ teaspoon salt

¼ teaspoon ground mustard

¼ teaspoon cumin

¼ teaspoon pepper

1. Preheat oven to 400 degrees F. Either line a baking sheet with foil and lightly spray with nonstick cooking spray OR spray your baking sheet with cooking spray. Add carrots to the center. Set aside.
2. In a medium bowl, whisk together all remaining ingredients and pour over carrots. Toss until evenly coated. Line carrots in a single layer.
3. Bake for 35-45 minutes depending on carrot thickness, until fork tender, stirring after 20 minutes. Roast longer for more caramelization.
4. Garnish with fresh parsley if desired.

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