



### **Honey Roasted Beets+Carrots**

(inspiration from: <https://www.thecreativebite.com/honey-roasted-beets-carrots/>)

#### **Ingredients**

- 4 Medium Sized Beets
- 4 Large Carrots (use varying colors to make it more interesting)
- 1 Tablespoon Olive Oil
- ½ Teaspoon Sea Salt
- 2 Tablespoons Honey
- 1 Tablespoon Butter
- 1 Tablespoon Herbs of Choice (dill, rosemary, thyme, etc.)

#### **Instructions**

1. Preheat oven to 450 degrees. At the same time, wash and peel the carrots and beets and put them off to the side
2. Once the carrots and beets have been properly rinsed and peeled, slice them into small chunks (look at the picture as a reference). Make sure these chunks are similar in size to allow for proper cooking later.
3. In a mixing bowl, toss the carrots and beets with olive oil and salt until they are all coated. Then evenly disperse them on a sheet pan. Once this is done roast them in the oven at 450 degrees for 20-25 minutes. The cooking time will vary depending on the size of the vegetables so keep a close eye on them.
4. While the vegetables are roasting in a small microwave-safe bowl, melt the butter. Afterward, whisk in the honey in the small bowl.
5. Once the vegetables are done roasting, remove them from the oven and place them in a bowl. Pour the honey-butter mixture over them and toss until they are evenly coated.
6. Return them to the oven for 5 minutes on the sheet pan. Once done add the fresh herbs of choice and serve.