



## Maple Lemon Roasted Carrots

Are you looking for a simple Fall inspired veggie side dish? Look no further. This flavourful recipe is sure to please even the most resistant veggie lover. Carrots are filled with vitamin A, potassium, and fibre – a nutritious combination to help with eye, heart, and gut health.

Recipe makes 8 servings (1/2 cup)

Prep time: 20 minutes

Cook time: 25 minutes

### INGREDIENTS

- 1.5 lb coloured carrots
- ½ cup pure maple syrup
- ¼ cup olive oil
- ¼ cup apple cider vinegar
- Juice from ½ fresh lemon
- Rind from ½ lemon
- 1 tsp garlic powder (more to taste)
- Pinch of salt

### INSTRUCTIONS

1. Preheat oven to 375 degrees
2. Peel carrots and slice diagonally
3. Mix together maple syrup, olive oil, apple cider vinegar, lemon juice, lemon rind, garlic powder, and salt
4. Pour marinade over carrots and stir well. Let side for 5-10 minutes to soak in the flavours
5. Prepare a baking pan with parchment paper
6. Spread carrots evenly over baking pan
7. Pour a small amount of the remaining marinade over carrots, if desired. Discard the rest.
8. Cook for 20-30 minutes until carrots are tender



**Tip:** You can use this marinade for other root vegetables like sweet potatoes, turnips, parsnips, and onions. Consider pairing with steamed broccoli, baked potatoes, and baked salmon for a quick and easy dinner on busy nights.

For more crave-worthy meal & snack ideas, visit [FREE Resources](#)