

Roasted Carrots with Agave-Balsamic Glaze

(Makes 4 servings, recipe created by Kalyn with inspiration from Susan's honeyed carrots)

Ingredients:

1 lb. carrots peeled and cut into diagonal pieces the same thickness (One pound is about 8 medium carrots. You can also use "baby" carrots, but I think whole carrots have more flavor.)

1 1/2 T balsamic vinegar

1 1/2 T [Agave Nectar](#)

olive oil for spraying roasting pan (or use non-stick spray)

salt and fresh ground black pepper to taste

Instructions:

Preheat oven to 425F/220C. Peel carrots and cut off ends. If carrots are thin, cut into same-size diagonal slices. If carrots have a thicker end, cut off thick part and cut it vertically, then cut into diagonal slices. Carrot slices should be close to the same thickness.

Mix balsamic vinegar and agave nectar with a small whisk. Spray flat roasting pan with olive oil or non-stick spray, then arrange carrots in a single layer. Use a pastry brush to brush about 2/3 the agave-balsamic mixture on the carrots.

Roast carrots about 20 minutes, then use a metal turner to turn them and brush with remaining agave-balsamic mixture. Roast ten minutes more, then turn again and check for doneness. Continue to roast until carrots are fork-tender and lightly browned, not quite ten minutes more for me in my toaster oven. Watch them carefully during the final roasting time because they can go from nicely browned to overly done fairly quickly. Grind over desired amount of sea salt and fresh ground black pepper and serve hot.

On this one too, go to [Kaylan's website](#) to view the photos and the process of making the dish.

<http://www.kalynskitchen.com/2008/12/easy-recipe-for-roasted-carrots-with.html>