

ROASTED CARROTS (SERVES 8)

INGREDIENTS:

4 pounds carrots (about 16 medium carrots)

Extra virgin olive oil

Salt

DIRECTIONS:

1. Preheat oven to 425°F. Line a baking sheet with foil or parchment paper. Rub lightly with oil.
2. Wash and dry the carrots. Trim off the top and bottom ends and any damaged pieces. Peel only if necessary.
3. Cut carrots on a diagonal into bite-sized pieces, somewhere between ¼- and ½-inch thick.
4. Spread carrot pieces on prepared baking sheet. (If baking sheet is too crowded, use a second sheet.) Drizzle with oil, sprinkle with salt, and toss to coat. Spread carrots into an even layer on baking sheet.
5. Roast until carrots are golden brown and tender. Very thin pieces can take as few as 20 minutes to cook, whereas thicker ones can take around 40 minutes. It's a good idea to check on the carrots after the first 20 minutes and then every 5 minutes after that, as small pieces can burn easily.

TIPS:

- Try replacing half the carrots with parsnips. Cut them the same way, mix them together, and roast for a sweet side dish.