

Roasted Ginger Carrots Recipe

From [Woman's Day](#) | September 12, 2007

A recipe doesn't have to be complex and time-consuming to be delicious—like these peeled carrots, which are rendered irresistible with a glaze of honey, fresh ginger, lemon juice and butter.

Active Time: [10 minutes](#)

Total Time: [30 minutes](#)

Recipe Ingredients

- 1 1/2 lb carrots, peeled
- 1/4 cup honey
- 1 Tbsp each grated fresh ginger and lemon juice
- 1 Tbsp melted light butter

Recipe Preparation

1. Heat oven to 425° F. Line a rimmed baking sheet with nonstick foil. Cut carrots into 1 1/2-in.-long diagonal pieces; if thick, halve lengthwise, too.
2. Stir honey, ginger, lemon juice and melted butter in small bowl. Put carrots on baking sheet in single layer; toss with honey mixture. Roast 20 minutes, tossing once, until tender and glazed. Serve with pork.



Photo: Anastasios Mentis

Nutrition Facts

Yield 4 servings

Servings 4

Amount Per Serving

Calories 143

Total Fat 2g

Saturated Fat 1g

Cholesterol 4mg

Sodium 79mg

Total Carbohydrates 33g

Dietary Fiber 5g

Protein 2g