

# BALSAMIC ROASTED CARROTS and SHALLOTS

SERVES: 7 | SERVING SIZE: about 1/2 cup | PREP: 15 minutes | READY: 55 minutes

## INGREDIENTS

- Vegetable oil cooking spray or parchment paper
- 2 pounds fresh whole carrots (to yield about 6 cups diagonally sliced carrots)
- 2 shallots, cut lengthwise into wedges
- 2 tablespoons olive oil
- 3 tablespoons balsamic vinegar
- 1 tablespoon brown sugar
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced
- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper
- 1 tablespoon minced fresh parsley



## DIRECTIONS

Preheat oven to 425 degrees and coat a large sheet pan with cooking spray or line with parchment paper.

Peel and clean whole carrots. Slice carrots diagonally (about a 1/4-inch thick) and place in a large bowl along with shallot wedges. Drizzle vegetables with oil and toss to coat. Place vegetables on sheet pan and roast in oven for 15 minutes. Remove pan from oven, move carrots and shallots around sheet pan and return to oven to roast an additional 15 minutes.

While vegetables are roasting, in a small bowl whisk together vinegar, brown sugar, mustard, and garlic until sugar dissolves.

Remove sheet pan from oven, drizzle carrots and shallots with balsamic vinegar mixture and gently mix to coat. Return vegetables to oven and roast an additional 10 minutes, allowing balsamic glaze to thicken and coat vegetables. Remove vegetables from oven, season with salt and pepper. Place roasted vegetables in a serving bowl, garnish with parsley, and serve.

## NUTRITION INFORMATION PER SERVING

115 calories, 4 g total fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 175 mg sodium, 19 g total carbohydrate, 4 g dietary fiber, 10 g total sugars, 2 g added sugars, 2 g protein, 0 mcg (0%) vitamin D, 46 mg (4%) calcium, 1 mg (6%) iron, 74 mg (2%) potassium