



Roasted Rainbow Carrots w/Sage Brown Butter

Courtesy of Eating Well Nov/Dec 2015

Makes: 6 servings generous 1 cup

Ingredients:

- 2 pounds small multicolored carrots
- 2 teaspoons extra-virgin olive oil
- 3/4 teaspoon salt
- 3 tablespoons butter
- 2 tablespoons chopped fresh sage or 2 teaspoons dried, plus garnish

Preparation:

Position racks in upper and lower third of oven; preheat to 450 °F.

Trim carrots and cut in half lengthwise. Toss with oil and salt in a large bowl. Divide between 2 large rimmed baking sheets and spread in an even layer.

Roast the carrots, stirring once and switching the pans top to bottom halfway through, until tender, about 15 minutes.

Meanwhile, melt butter in a small skillet over medium-high heat. Cook until just starting to brown, 2 to 3 minutes. Remove from heat. When the butter stops bubbling, stir in sage. Transfer the carrots to a serving dish and drizzle the sage brown butter over them. Garnish with fresh sage, if desired.

Nutrition Per serving: 121 calories; 8g fat, 13 g carbs, 1g protein, 384 mg sodium