

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Roasted Glazed Carrots w/ Pomegranate Molasses & *Ras El Hanout*

Inspired and adapted from recipes in [Bon Appetit Magazine](#) and [Tasting Table](#).

Carrots half an inch or less wide are my favorites for this dish. With carrots wider than $\frac{3}{4}$ of an inch in diameter, either cut them in half lengthwise or increase the first roasting time (when covered in foil) another 5-10 minutes.

Warning: the glaze is so tasty you may want to lick your plate clean.

Makes: 2-3 servings

Active time: 10 minutes

Total time: 45 minutes

1 pound thin carrots

2 teaspoons extra virgin olive oil

Scant $\frac{1}{4}$ teaspoon sea salt

1 teaspoon *ras el hanout*, or more to taste

$\frac{1}{2}$ tablespoon water

$\frac{1}{2}$ tablespoon light honey

$\frac{1}{2}$ tablespoon pomegranate molasses

Coarse sea salt to taste

1. Heat the oven to 475 degrees. Line a rimmed baking pan with parchment paper.
2. Wash (peel if not organic) and dry the carrots.
3. Mix the oil, salt and *ras el hanout* together in a baking dish or platter large enough to lay the carrots flat.
4. Toss the carrots in the mixture. When well coated, place the carrots in a single layer on the parchment lined baking sheet. Sprinkle the pan with the water. Cover the pan tightly with aluminum foil.
5. Roast the carrots for 10 minutes. Remove the foil, perhaps saving it for another use. Roast the carrots uncovered for another 20 minutes until tender. Reduce the oven to 425 degrees.
6. Place the honey and pomegranate molasses in the same baking dish or platter you used earlier. Toss the carrots in this mixture. Turn and coat them till evenly glazed.
7. Return the carrots to the baking sheet. Drizzle any remaining glaze over the carrots.
8. Roast for about 12-15 minutes till the glaze has reduced and browned. Shake the pan once or twice during the roasting time to evenly glaze the carrots.
9. Remove the glistening carrots from the oven. Just before serving, sprinkle them with coarse salt to taste. Serve Roasted Glazed Carrots hot or at room temperature.