

Sarah's Roasted Carrots and Brussels Sprouts with Honey Balsamic Glaze

Serves: 4

Ingredients:

8 large carrots, peeled, ends trimmed, sliced in half lengthwise
½ pound brussels sprouts, ends trimmed, sliced in half lengthwise
1 tablespoon extra-virgin olive oil
1 tablespoon butter, melted
1 tablespoon balsamic vinegar
1 tablespoon honey
½ teaspoon garlic powder
½ teaspoon kosher salt
¼ teaspoon ground black pepper
2 teaspoons fresh rosemary, finely chopped (optional)



Directions:

Preheat oven to 425 degrees.

Using separate baking sheets for each vegetable, place the carrots and the brussels sprouts on the sheets. The carrots may take longer to roast than the brussels sprouts, so keeping the vegetables on separate sheets enables you to remove them easily when they are done.

In a small bowl, whisk together the oil, melted butter, vinegar, honey, garlic powder, salt and pepper. Taste and adjust as desired.

Drizzle the glaze evenly over both pans of vegetables. Use your hands to toss the vegetables until they are evenly coated in the glaze. Arrange the vegetables on each sheet with the cut side down.

Place the baking sheet with the carrots in the oven and roast for 10 minutes, then add the brussels sprouts. Continue roasting until both vegetables are tender and caramelized to a rich golden brown, about 20 to 25 more minutes.

As soon as the vegetables come out of the oven, sprinkle them with the chopped rosemary and toss lightly to combine. Transfer the roasted vegetables to a serving platter and enjoy. Leftovers may be refrigerated for up to 5 days and reheated or served at room temperature.

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