

GET HEALTHY

ON THE RAILROAD



JONES VALLEY TEACHING FARM

Maple Roasted Carrots with Fresh Dill

SERVES

4-6 PEOPLE

YUM! The first 100 registered participants will receive a free produce bag.

INGREDIENTS

- 1 bunch carrots
- maple syrup
(or honey)
- fresh dill
- sea salt and black
pepper

Directions

Preheat oven to 375 degrees.

- 1 Trim, wash, and dry carrots.
- 2 Place into a shallow dish and drizzle with olive oil and maple syrup.
- 3 Sprinkle with sea salt.
- 4 Place carrots on a baking pan lined with parchment paper and place in preheated oven.
- 5 Bake for 35-40 minutes or until slightly tender.
- 6 Finely chop dill and gently toss together with roasted carrots.