

Lemon Roasted Carrots

Processing and freezing carrots is a great way to preserve summer bounty for winter months.

Source: *Project Bread*

Servings

6

Ingredients

6 1/2 cups frozen sliced carrots

2 1/2 Tbsp vegetable oil

2 1/2 Tbsp lemon juice

1/2 tsp salt

1/4 tsp black pepper

Preparation

1. Toss frozen carrots with oil, lemon juice, salt, and pepper.
2. Place on sheet pan in a single layer and roast at 400°F for 20 minutes, until tender and golden brown.
3. Serve immediately.



Did You Know?

Baby-cut carrots are made from full-grown, thin carrots by peeling and cutting them to the desired size and shape. True baby carrots are harvested early and actually look like miniature carrots.

Dig Deeper

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mtharvestofthemonth.org

