

Roasted Carrots

with Miso-Sage Butter



Serves 4

Roasted carrots take center stage on your holiday table, dressed in a buttery citrus sauce infused with miso, honey, and sage.

Ingredients

- Carrots
- White miso paste *Contains: soy*
- Orange juice concentrate
- Sage
- Honey
- Butter *Contains: milk*

Tools & Pantry

- Baking sheet & aluminum foil
- Kitchen knife & cutting board
- Mixing bowl
- Microwave-safe bowl
- Kitchen tongs
- Cooking spoon
- Oven mitt
- Paper towels
- Salt, pepper, & cooking oil

Total time range: 20-30 min (Prep: 5-10 min, Cook: 15-20 min)

Preheat the oven: 400°F conventional (*for convection, use 375°F*)

Prepare a baking sheet: Line with aluminum foil & lightly grease

Rinse your produce: Gently pat dry

- ❶ Slice the **carrots** in half lengthwise. Slice any larger carrots in half again lengthwise.
- ❷ Finely chop **half** of the **sage** leaves. Save the remaining sage for another use.
- ❸ In a mixing bowl, toss the carrots with 2 tbsp. of cooking oil. Lightly season with salt and pepper. Spread the carrots onto the prepared baking sheet and place into the oven for 15 min, or until fork-tender.
- ❹ When the carrots are almost finished, combine the **white miso paste**, **orange juice concentrate**, and **honey** in a microwave-safe bowl. Cover with a damp paper towel and microwave for 1 min. Stir in the **butter** and microwave for 1 more min, then stir in the chopped sage.
- ❺ **Carefully** remove the carrots from the oven and transfer to a serving platter. Drizzle the miso-sage butter over the carrots and gently toss until evenly coated.



Contains: Milk, Soy.

Nutrition: Calories: 230, Protein: 2g, Fiber: 4g (14% DV), Total Fat: 13g (17% DV), Saturated Fat: 4.5g (22% DV), Cholesterol: 20mg (7% DV), Sodium: 400mg (17% DV), Carbohydrates: 27g (10% DV), Total Sugars: 19g, Added Sugars: 12g (24% DV). Not a significant source of trans fat.

Packed in a facility that handles all 9 major food allergens and gluten. Protein should be cooked to the minimum internal temperature as recommended by the USDA.