

## Roasted Honey Mustard Carrots

Carrots – 2 pounds

Olive Oil – 2 Tbsp.

Honey – 2 Tbsp.

Dijon Mustard – 2 Tbsp.

Garlic – 2 cloves, pressed

Salt & Pepper – to taste

Fresh Thyme – pick leaves from 4-5 sprigs



This was originally a recipe designed to cook in a stove. Many recipes can be converted to cook in a grill to keep the heat out of the kitchen in the summer.

1. Heat the grill up to 400 degrees. Line a baking sheet with parchment paper.
2. In a large bowl, combine the oil, honey, mustard and garlic. Add salt and pepper to taste. Toss in the scrubbed carrots with your hands until evenly coated.
3. Place carrots on baking sheet. Keep the remaining sauce.
4. Bake for 20-25 minutes (depending on the size of the carrots). Remove from grill, coat with remaining sauce. Garnish with fresh thyme