



Roasted Sweet Treat Carrot Sandwich

Rich cinnamon swirled bread reveals tender caramelized carrots

Brown Sugar Butter

1-1/2 Tablespoons butter

1/2 Tablespoon firmly packed brown sugar

1/4 teaspoon ground cinnamon

Place three ingredients in microwave safe bowl. Cook in microwave on high power for 30 seconds or butter melts; stir to combine with brown sugar and cinnamon. It also can be cooked in a small saucepan, melt butter; stir in brown sugar and cinnamon; cook to boiling. Remove from heat; set aside.

Creamy Cheese Spread

1 ounce goat cheese

1/2 Tablespoon plain yogurt

1 teaspoon brown sugar butter

In a small bowl, mix soft goat cheese, yogurt, and brown sugar butter until smooth spread forms. Set aside.

Carrot Sandwich

2 slices swirled raisin cinnamon bread slices

Olive oil spray

1/3 cup smashed roasted carrots (see attached recipe)

1 Tablespoon chopped pecans

1/2 Tablespoon brown sugar butter

1/4 cup coarse chopped kale

1 teaspoon brown sugar butter

Coarse or flaked sea salt as desired

Toast Bread: Place bread slices on foil lined baking pan; lightly spray both bread sides with olive oil. Broil in preheated oven for about 2 minutes per side and golden brown. Lightly brush one side of both bread slices with prepared brown sugar butter. Set bread slices aside.

Make Carrot Filling: In a small bowl, combine smashed carrots with chopped pecans and brown sugar butter. Set aside.

Prepare Kale: In a small bowl, toss kale with brown sugar butter; set aside

Make One Sandwich: Spread creamy cheese spread over one brown sugar buttered bread slice; top with smashed roasted carrots. Top with kale. Lightly sprinkle with flaked sea salt as desired. Close sandwich with one bread slice. Cut sandwich into half diagonally. Yield: 1 sandwich

Cook's Note: Prepare the separate parts ahead of time and then only toast the bread, make the brown butter sugar for flavoring, and layer the sandwich. It's a quick way to sweeten your day.

About the Recipe: Roasting the carrots concentrates their flavor, making them tender and sweetly earthy with caramelized edges. The sandwich combines melted brown sugar butter flavored creamy cheese spread, roasted sweet carrots, crunchy pecans, and tops it with crisp sweet kale. A sprinkle of salt balances the sweet treat flavors. It's an easy way to have a carrot cake treat for breakfast, snack, or quick dessert.

Roasting Carrots – Can make about 4 sandwiches

1-pound carrots, peeled, trimmed, cut in 3-inch pieces

2 Tablespoons olive oil

1/4 teaspoon salt

Preheat oven to 400 degrees F.

If carrots are thick, cut them in half lengthwise, if not leave them in about 4-inch pieces. Toss them in a bowl with the olive oil and sprinkle with salt; transfer evenly to foil lined baking pan. Bake for 25 minutes, turning once halfway through baking. Bake until golden and tender; remove 'tender' carrots to plate to stay warm. Continue roasting remaining carrots for 10 minutes or tender. Remove; cover to stay warm.

When warm; smash carrots on piece of waxed paper. Set smashed carrots aside or chill in covered container in the refrigerator.