



Roasted Carrots with Yogurt Honey and Tahini Dressing

Dress it up with multi-colored carrots and fresh sprouts

- 1-pound fresh multi-colored carrots
- 2 Tablespoons avocado oil
- Salt to taste
- 2 ounces crunchy sprout mix like pea, radish, and sunflower sprouts
- 1/3 cup plain Greek yogurt
- 1/3 cup pure honey
- 1/3 cup tahini
- 2 teaspoon fresh lemon juice
- Salt to taste

Preheat oven to 425 degrees F. Line a baking sheet with parchment paper.

Trim the carrots of any excess top, scrub well or peel.

Toss carrots to coat lightly with oil; place on a parchment lined baking sheet in a single layer.

Bake in preheated oven for about 20 minutes or until a fork can pass through and easily pierce the carrot. Cool until able to slice carrots. The baking time will depend on the size of your carrots.

Cut roasted carrots to a uniform size that you desire. (Chef Jamie cuts the carrots lengthwise in half for a very attractive presentation and slices them before roasting.) Season with salt as desired and stir in sprouts or chopped pea tendrils. Transfer the hot carrots to a plate and drizzle as desired with the prepared dressing.

Honey Cream Sauce:

In a small bowl, combine yogurt, honey, and tahini with a whisk in a small bowl. Finish with lemon juice and salt to taste.

Cook's Note: We found that slicing the carrots lengthwise after roasting them was easier to do.

Recipe Inspired by: Chef Jamie Simpson from *The Chef's Garden*

About the Recipe: Fresh multi-colored carrots are vibrant vegetables adding a rainbow of colors to this beautiful side dish. They provide unique flavors and textures when combined with fresh green sprouts and provide impressive nutritional benefits that elevate this recipe into something very special. Add a drizzle of honey cream dressing for a sweet touch to create a "I love it" buzz about your delicious carrots.