

Available Now...

Carrots

Although the most common color is orange, carrots can also be purple, white, red and yellow.



Tips & Nutrition

Choose carrots that are well-shaped with firm, smooth exteriors and vibrant color. Carrots are fat free, low in sodium, an excellent source of Vitamin A and a good source of Vitamin C.



Fresh Inspirations...

Oven Roasted Carrots

Ingredients

10 Large Carrots, peeled, trimmed and cut in half lengthwise and then into 1" long pieces
 2 Tbsp. Olive Oil
 Kosher Salt to Taste
 Black Ground Pepper to Taste
 1/8 Tsp. Granulated Garlic
 1/8 Tsp. Granulated Onion
 2 Tbsp. Dark Brown Sugar
 1 Tbsp. Fresh Thyme, chopped

Directions

Preheat oven to 375 degrees and make sure you have a middle shelf setup for use. Mix garlic, onion, brown sugar and thyme in a bowl and set aside. Put carrots in a stainless steel mixing bowl, add the oil and season with salt and pepper to taste. Spread carrots evenly on a foil-lined cookie sheet. Roast for approximately 20-30 minutes or until carrots are slightly soft and start to turn golden on the edges. Remove from the oven and lightly sprinkle garlic, onion, brown sugar and thyme mix over the carrots. Return to the oven and cook for an additional 5 minutes to form a glaze. Remove from the oven and place into a serving bowl, pouring the liquid glaze mixture from the pan over the carrots.

Enjoy with a glass of Colorado wine such as Spiced Nektar Mead from Colorado Cellars in Palisade, Colorado.

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC and Ace Hardware Grill Expert



Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at www.coloradoagriculture.com for a complete list of recipes.

Next Month... Colorado Onions