

Recipe from FormerChef.com

## **Apple Cider Roasted Carrots with Rosemary and Nutmeg**

2 lbs fresh carrots  
1 Tbsp olive oil  
2 Tbsp apple cider syrup  
1/2 tsp fresh ground nutmeg  
3 sprigs fresh rosemary (about 1/4 oz wt.)  
salt and freshly ground white pepper to taste

Preheat oven to 350 degrees.

1. Peel the carrots, cut off the ends and cut into batons (that's a fancy French culinary term for sticks). You can actually cut the carrots into any shape and size you prefer, though cooking times may vary.
2. In a large bowl, toss the carrots with the olive oil, apple cider syrup and nutmeg, until coated. Spread out in a baking dish large enough so that the carrots are only 1 layer deep. Add in 2 of the 3 sprigs of fresh rosemary and place in the 350 degree oven.
3. Remove the rosemary leaves from the last sprig, and chop into 1/4 inch pieces (about 1.5 tsp total, chopped).
4. After about 20 minutes of cooking time, remove the pan from the oven. Remove the rosemary sprigs from the pan and discard. Sprinkle the carrots with the freshly chopped rosemary and stir to combine and turn over the carrots. Return the pan to the oven for another 10-15 minutes until the carrots start to brown slightly. When done, they should still be slightly firm (no mushy carrots here!).