

## **Recipe**

### ***Roasted Gingered-Sesame Carrots***

#### ***Ingredients***

***2 lbs. carrots peeled and cut into half and then each half cut length-wise into quarters***

***1 tsp. sesame oil***

***1 Tbl. olive oil***

***2 Tbl. honey***

***2 Tbl. blonde sesame seeds ( or benne seeds )***

***1 & 1/2 tsp. kosher salt***

***1 Tbl. fresh grated ginger root ( peeled, grated & chopped fine )***

***1/4 tsp. curry powder***

***1/4 tsp. ground cardamom***

***1/4 tsp. ground cumin***

***1/4 tsp. celery seed***

***1/8 tsp. ground white pepper***

***1 orange for zesting to garnish***

#### ***Directions***

- Pre-heat oven to 375 degrees and adjust oven rack to middle position.



- In a large mixing bowl combine sesame oil, olive oil, honey, sesame seeds, salt, ginger root, curry powder, cardamom, cumin, celery seed and white pepper, and mix well with a wire whisk or a fork.
- Peel and cut carrots in half across, and then each half into halves and quarters lengthwise depending on desired size.
- Add the cut carrots to the oil and honey mixture and toss until well coated.
- Line a baking sheet with parchment paper, or aluminum foil
- Transfer the carrots onto the lined baking sheet and spread out evenly into one layer.
- Roast the carrots at 375 degrees until fork tender and starting to brown.
- Serve immediately and garnish with as sprinkle fresh orange zest.

### ***Chef's Notes***

***These roasted carrots are so effortless and delicious. They make a great side dish any time of year. If its springtime and you can find fresh rainbow carrots at the farmers market, by all means use them in this recipe. The honey, sesame and ginger give a nice light snap to these carrots. If there are any leftovers, they are perfectly scrumptious served cold in a spring salad the next day.***

