Did you know? All fruits and vegetables can be purchased with SNAP Benefits
Find out more at: www.urbanharvest.org/famers-markets/SNAP
BROWN SUGAR BAKED CARROTS

INGREDIENTS
10-12 carrots, peeled and then cut in half OR 2 dozen baby carrots.
salt & pepper
1 tsp cinnamon
1/4 cup brown sugar
6 tbsp butter, diced

INSTRUCTIONS
1. Preheat oven to 350 degrees.
2. Spray or lightly oil a cookie sheet.
3. Put the carrots down and then sprinkle them with salt, pepper, cinnamon and brown sugar. Mix the carrots up.
4. Melt the butter and pour it over the carrots.
5. Roast for 25-30 minutes or until the carrots are cooked through. About half way through, mix the carrots up to ensure even baking.
6. Pour any leftover brown sugar and butter on top of the carrots in your serving platter.
7. Sprinkle your brown sugar baked carrots with parsley for garnish.