

Blood Orange Roasted Carrots from *Urban Sacred Garden*



These carrots are scrumptious and sweet, and contain one of my favorite fruit juices, freshly squeezed blood orange. Blood Oranges are a tangy, tasty and wonderfully vibrant fruit (that is also perfect in freshly shaken cocktails). I always use whole carrots, preferably with green tops still attached if you can find them (birds, rabbits and other wildlife love the tops once you cut them off if you want to hang them outside). Carrots from the farmer's market are fantastic when in season.

INGREDIENTS:

- 6 whole carrots, cut into large chunks (I prefer whole carrots over baby carrots for flavor)
- 2 Blood Oranges, cut into halves
- 1/4 cup Brown Sugar
- 1 Tbsp diced Garlic
- 2 tbsp Butter, diced into small squares
- 2 Tbsp Olive Oil
- Sea Salt
- Ground Pepper

DIRECTIONS:

1. Preheat oven to 400 degrees.
2. Place carrots in a near single (or double) layer in a medium roasting pan
3. Use a juicer to heartily squeeze blood orange juice into glass or plastic container (citrus peel makes a great natural cleaner/refreshers for the garbage disposal). Pour juice over carrots.
4. Add garlic, brown sugar, butter and olive oil to carrots.
5. Add freshly ground pepper and sea salt to taste.
7. Toss thoroughly to ensure carrots are thoroughly coated with mixture.
8. Roast in preheated oven for about 40 minutes, or until carrots pierce easily with a fork. 20 minutes into roasting pull carrots of out oven and spoon juices over the top.