



HONEY-MUSTARD SMASHED CARROTS

Intermediate Lifestyle

INGREDIENTS

1 pound medium carrots, cut into 1/2-inch pieces
2 TBS extra-virgin olive oil
1 TBS honey
2 TSP Dijon mustard
1/4 TSP salt
1/4 TSP ground pepper
Chopped fresh herbs, such as basil or cilantro, for garnish

INSTRUCTIONS

—Bring a few inches of water to a boil in a large pot fitted with a steamer basket. Add carrots to the basket; steam until tender, 14 to 16 minutes.

—Position oven rack 6 inches from broiler; preheat the broiler to high.

—Coat a large rimmed baking sheet with cooking spray. Transfer the carrots to the prepared baking sheet, spacing the pieces evenly on the pan. Flatten each piece with the bottom of a mason jar or sturdy glass.

—Combine oil, honey, mustard, salt and pepper in a small bowl; drizzle the mixture over the carrot rounds. Broil until hot and starting to brown on the edges, about 4 minutes. Sprinkle with herbs before serving, if desired.

SERVING INFO: (Yields 4 servings)

2/3 cup = 2 V