



## 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

See photo of recipe at [Instagram](#) and [Facebook](#).