

# Roasted Carrots

## with Miso-Sage Butter



### Serves 4

As a classic Thanksgiving side dish, we don't think roasted carrots get nearly enough love. We've elevated this version to the main stage with white miso, honey, and sage in a buttery citrus sauce.

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### Ingredients

- Carrots
- White miso paste *Contains: soy*
- Orange juice concentrate
- Sage
- Honey
- Butter *Contains: milk*

### Tools & Pantry

- Baking sheet
  - Aluminum foil
  - Kitchen knife & cutting board
  - Mixing bowl
  - Microwave-safe bowl
  - Kitchen tongs
  - Cooking spoon
  - Oven mitt
  - Paper towels
  - Salt & pepper
  - Cooking oil
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**Total time range: 20-30 min** (Prep: 5-10 min, Cook: 15-20 min)

**Preheat the oven:** 375°F convection or 400°F conventional

**Prepare a baking sheet:** Line with aluminum foil & lightly grease

**Rinse your produce:** Gently pat dry

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- 1** Slice the **carrots** in half lengthwise. Slice any larger carrots in half again lengthwise.
- 2** Finely chop **half** of the **sage** leaves. Save the remaining sage for another use.
- 3** In a mixing bowl, toss the carrots with 2 tbsp. of cooking oil. Lightly season with salt and pepper. Spread the carrots onto the prepared baking sheet and place into the oven for 15 min, or until fork-tender.
- 4** When the carrots are almost finished, combine the **white miso paste**, **orange juice concentrate**, and **honey** in a microwave-safe bowl. Cover with a damp paper towel and microwave for 1 min. Stir in the **butter** and microwave for 1 more min, then stir in the chopped sage.
- 5** **Carefully** remove the carrots from the oven and transfer to a serving platter. Drizzle the miso-sage butter over the carrots and gently toss until evenly coated.



**Contains:** Milk, Soy.

**Nutrition:** Calories: 230, Protein: 2g, Fiber: 4g (14% DV), Total Fat: 13g (17% DV), Saturated Fat: 4.5g (22% DV), Cholesterol: 20mg (7% DV), Sodium: 400mg (17% DV), Carbohydrates: 27g (10% DV), Total Sugars: 19g, Added Sugars: 12g (24% DV). Not a significant source of trans fat.

Packed in a facility that handles all 9 major food allergens and gluten. Protein should be cooked to the minimum internal temperature as recommended by the USDA.