

Roasted Tricolor Carrots with an Aged Balsamic and Coconut Sugar Reduction



My Thanksgiving menu is very traditional ? creamy mashed potatoes, a sausage and herb dressing, a brined and roasted turkey, and gravy made from pan juices. But, I also like to include simple, healthier sides dishes to balance out the heavier ones.

In preparation for the upcoming holiday, I tested a recipe for roasted tricolor roasted carrots drizzled with an aged balsamic vinegar and coconut sugar reduction. They are delicious, elegant and beautiful on the Thanksgiving table.

Here's the recipe. It is easily doubled or tripled for more guests.

Ingredients

Six tricolor carrots, peeled and trimmed at the ends

1 tablespoon olive oil

¼ teaspoon sea salt, plus more to taste

Freshly cracked black pepper

¼ cup aged balsamic vinegar

1 teaspoon coconut sugar

Method

Preheat the oven to 375 degrees. Place the carrots on a baking sheet lined with parchment paper. Coat the carrots with the olive oil. Sprinkle with a 1/4 teaspoon of sea salt and black pepper. Roast for 45-55 minutes on the middle rack of the oven.

Check the carrots about 30 minutes into the cooking process. If they are browning quickly, cover with a piece of foil.

When done, pierce with a fork to check tenderness. The carrots should be slightly tender, but not mushy!

About 10 minutes before the carrots are finished, prepare the balsamic reduction. In a small saucepan on medium/high heat bring the balsamic vinegar and coconut sugar to a boil. Reduce to a simmer for 7-10 minutes until the balsamic reduces and becomes thick (it

should stick to a spoon).

After removing the carrots from the oven, spoon on the balsamic reduction. Sprinkle with more sea salt and freshly cracked pepper to taste.