

## Everything Roasted Carrots

I like a lot of sweet, earthy root vegetables, but I find that they usually need a robust, hearty seasoning to balance the sweet starchiness. Carrots are a great example of this.

When roasted, carrots become sweet, and sometimes candy like, especially the small baby ones that are harvested in the spring. The sugars are concentrated, and can sometimes be too sweet, unless you can find a way to counteract that a bit.

Ava Jane's Kitchen Everything Bagel seasoning blend is just the thing for that. It's salty and robust to compliment the sweetness, while the coarse crunchy texture is a nice contrast to the soft, tender carrots.

Now, while I love the Everything Bagel seasoning blend, experimentation has taught me that you can't just toss it with your vegetables before putting in a super hot oven for a long period of time. Do that, those big coarse garlic pieces will burn, and very well ruin your dish. Instead, you'll toss your carrots with a bit of Ava Jane's Kitchen Avocado Oil, roast until almost done, then toss with the seasoning blend for the last few minutes. That's enough time to toast up the sesame seeds without burning the garlic. You can also sprinkle a little bit more before serving, but you want to be careful — the Everything Bagel blend is salty, thanks to the addition of Colima Sea Salt.

## Everything Roasted Carrots

Serves 4

Prep time: 45 minutes

### Ingredients:

1 pound baby carrots

2 tablespoons Ava Jane's Kitchen Avocado Oil

1 tablespoon Ava Jane's Kitchen Everything Bagel seasoning, plus more for garnish if desired

1 tablespoon lemon juice

### Directions:

Preheat oven to 450 degrees F.

Toss the carrots with the avocado oil. Spread on a baking sheet in an even layer.

Roast, until tender and caramelized, about 30-40 minutes, turning halfway through. Roasting time depends on the sizes of your carrots.

When they are just beginning to brown, remove and toss with the Everything Bagel seasoning. Continue roasting for 5-10 more minutes, until sesame seeds are lightly browned.

Remove from oven, drizzle with lemon juice, and more seasoning if desired.