

*Cooking in the Gesundheit Kitchen with Chef Hans Rueffert*

**Episode 13: Roasted Rainbow Carrots**

**From Chef Hans:** This is a versatile recipe for any root vegetable! It can be enjoyed as a side-dish or chopped and added to pasta, quinoa, or grain salads. If you choose to make this with other root vegetables (e.g. rutabaga, parsnips, beets, turnips, sweet potatoes, etc.) be sure to keep an eye on them in the oven as each vegetable may have a different cooking time.

*Serves 2-4 (side servings)*

**INGREDIENTS:**

- 1 pack rainbow carrots, washed and cut into equal sizes (do not peel as the whole carrot has added nutritional value)
- ¼ teaspoon Out of the Blue sea salt OR regular sea salt
- ½ teaspoon honey (optional for added sweetness)
- ½ tablespoon olive oil

**DIRECTIONS:**

Heat oven to 375 degrees Fahrenheit.

On a parchment lined baking sheet, spread out the carrots into one layer. Cover in salt, honey, and olive oil. Give it a good toss until all carrots are coated in seasoning and oil.

Roast in the oven until knife tender, about 40 minutes.

Remove and serve as desired.