

Recipes  
from the

# VEGGIE MOBILE®

Produce Aisle On Wheels

## Maple Roasted Carrots

### Ingredients:

- 1 Pound of Carrots, cut
- 2 Tbsp of Maple Syrup
- Salt & Pepper, optional

### Directions:

1. Wash and peel carrots
2. Chop carrots into bite sized pieces
3. Preheat oven to 400 degrees
4. Toss carrots with maple syrup
5. Bake for 25 minutes or until soft

Enjoy!



*Who knew?*

Carrots are an excellent source of Vitamin A. They also range in color from orange to purple to white!

518-274-8685  
594 River Street, Troy  
vegvan@capitalroots.org  
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