

## The Farm at St. Joe's

### Honey Roasted Carrots w/ Almonds

#### Ingredients:

2 lb carrots, sliced  
1/2 cup slivered almonds  
2 cloves garlic, minced  
1/4 cup olive oil  
Salt & pepper to taste  
1 teaspoon honey  
1 Tablespoon cider vinegar  
1/3 cup dried cranberries  
1/2 cup light feta cheese



#### Directions

- 1) Preheat oven to 400F.
- 2) Mix together carrots, almonds, garlic, olive oil, salt, and pepper and spread onto a baking sheet.
- 3) Bake about 30 minutes, until edges turn brown.
- 4) Toss roasted carrots with honey, vinegar, cranberries, and feta cheese.

Serves 8. Nutrition per serving: 180 calories, 11g fat, 194mg sodium, 17g carbs, 7g sugar, 8g protein

#### Local Is Better

Eating local is healthier. Local produce contains more vitamins and minerals than supermarket produce which has been shipped from far distances. At The Farm at St. Joe's all of our produce is grown without the use of pesticides and is harvested by hand.

*If you are interested in volunteering at The Farm at St. Joe's, call 734-712-HOOP (4667). For more information on nutrition, call St. Joseph Mercy Nutrition Services at 734-712-5800.*

#### Like this Recipe?

Learn more by taking a cooking class at the Women's Health Center. For a full list of upcoming classes, visit [stjoeshealth.org/classes](http://stjoeshealth.org/classes).

Check out our blog for updates and market times at [stjoefarm.org](http://stjoefarm.org)

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