



Roasted Garlic Carrots

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
4 People	10 MIN	30 MIN		10

Roasted garlic carrots are a simple and flavorful side dish made by roasting fresh carrots with garlic and olive oil. The roasting process brings out the natural sweetness of the carrots while adding a rich garlic flavor. This easy recipe is perfect for everyday meals, holiday sides, or healthy eating. With minimal ingredients and preparation, roasted garlic carrots are both delicious and nutritious.

Ingredients

- 1 pound carrots, peeled and cut into sticks
- 3-4 garlic cloves, minced
- 2 tablespoons olive oil
- Salt and pepper to taste
- Optional: 1 tablespoon honey or maple syrup
- Optional: fresh parsley for garnish

Recipe Summary

- Prep Time: 10 minutes
- Cook Time: 25–30 minutes
- Total Time: 35–40 minutes
- Servings: 4
- Course: Side Dish
- Cuisine: International

Cooking Method

Instructions

1. Preheat oven to **400°F (200°C)**.
2. Place carrots in a large bowl.
3. Add garlic, olive oil, salt, and pepper.
4. Toss until evenly coated.
5. Spread carrots in a single layer on a baking sheet.
6. Roast for **25–30 minutes**, turning halfway through.
7. Remove when tender and slightly caramelized.

8. Drizzle with honey if using and garnish with parsley.

9. Serve warm.

Cooking Tips

- Cut carrots evenly for consistent cooking
- Roast at high heat for better caramelization
- Avoid overcrowding the pan

Variations

- Add thyme or rosemary for extra flavor
- Use roasted garlic for a milder taste
- Add chili flakes for spice
- Add balsamic glaze for a rich finish

What to Serve with Roasted Garlic Carrots

- Roasted chicken or meat
- Rice or grain bowls

- Holiday meals

- Other vegetable sides

Storage

Store in an airtight container in the refrigerator for up to **3-4 days**.

Reheating

Reheat in the oven or microwave until warm.

Frequently Asked Questions

Why are my carrots not sweet?

Roast longer to enhance caramelization.

Can I use baby carrots?

Yes, adjust cooking time slightly.

Can I make this ahead of time?

Yes, reheat before serving.

Recipe Author

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Generated on: Jul 11, 2026 02:52

