

bite 

by Michelle

The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

Candied Carrots - barely adapted from Gwyneth Paltrow's my father's daughter

Serves 4

Preheat 425°F

4 large carrots, peeled and quartered

2 tablespoons maple syrup

2 tablespoons Dijon mustard

2 tablespoons extra virgin olive oil

2 teaspoons fresh thyme leaves

½ teaspoon sea salt

½ teaspoon freshly ground pepper

In a medium bowl, mix maple syrup, Dijon mustard, olive oil, salt and pepper

Add carrots and coat well

Place carrots on a parchment lined baking sheet

Bake 25 minutes or until fork tender

THE LOVE: Use the freshest carrots you can find.