

Roasted Dynamic Duo



Prep Time: 5 minutes | **Cook Time:** 25 minutes | **Servings:** 4 servings | **Difficulty:** Easy

Ingredients:

- 1 lb carrots (look for a cello bag of medium carrots for this)
- 1 lb Brussels sprouts
- Olive oil
- Kosher salt
- Freshly ground black pepper

Directions:

Preheat your oven to 400°. Rinse, clean and peel the carrots. Trim the tops and tips, then cut them in lengthwise into long, thin quarters. Rinse the sprouts and pat dry with a kitchen towel. Trim the little stem ends and cut the sprouts in half vertically, discarding the outer leaves that come off. Line a 17 1/2 x 13 inch baking sheet with foil [if your baking sheets are too small, use one for carrots and one for the sprouts.] Put the carrots on one side of a baking sheet (line it with foil for easy-peezy cleanup). Drizzle them with about 2 tbsp olive oil and toss to coat. Spread them out in one even layer. Wash your oily hands! Season liberally with salt and pepper. Do the same with the Brussels sprouts on the other side of the sheet. Don't mix the carrots and Brussels sprouts together, because the carrots are going to be in for a tad bit longer. Roast everything at 400° for 20-23 minutes when the sprouts should be done - the loose leaves will be very dark and the sprouts will have bits of nice caramel-y color. Scoop them off and put the carrots back in for another 5-8 minutes until the tips begin to caramelize and the carrots are cooked through. Wad up the foil and enjoy these veggies in a whole new way - your kids'll love 'em!

Notes:

Brussels sprouts. Just the name gives kids the willies. And carrots are so often relegated to side-kick status as part of some veggie medley. As a kid, I hated them, too. The problem with this pair is that they are so often steamed - or worse, boiled - into oblivion. But Brussels sprouts and carrots are full of untapped flavor potential, sweet and savory, that needs some high heat to release. Water boils at 212° and steam can't get much hotter than that, and baby, that ain't enough for these tough guys. You need to crank up the heat to 400° to get the caramel-y sweetness to reveal itself!