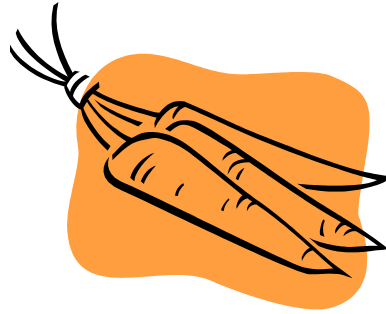


## Maple-Roasted Carrots

1 lb carrots, cut into 2-3 inch long sticks  
2 Tbs maple syrup  
1 Tbs light olive oil  
pinch of cinnamon  
pinch of salt



Preheat oven to 425°F. Combine all ingredients and arrange on a non-stick baking sheet. Bake, stirring every few minutes until carrots are tender and lightly browned, about 20 minutes.

**Comments:** Simply stated: a recipe we can't live without. If you don't have real maple syrup it won't be near as good—the colored sugar water will cook differently and you won't have the kind of smoky maple flavor that makes this dish exquisite. You could try some other sweeteners if you'd like to experiment—honey, molasses, agave nectar, apple butter? I haven't tried any of those substitutes, but if it works for you, go for it!