Roasted Carrots with Tahini Sauce

From the kitchen of [Monica Mack](#)
Recipe adapted from [Inspired Taste](#)

With fall arriving comes the desire for warming, comforting foods, which for me means the return of the roasted vegetable. They are simple, delicious, and a great way to mix up your cooking method when it comes to eating your veggies. I like to roast in large batches to have leftovers for the week. This is a great go-to recipe for roasting carrots, the honey leaves them slightly caramelized and sweet. The tahini sauce is an excellent source of healthy fats and is so versatile I pour it over anything I can get my hands on.

Ingredients:

- 2 pounds carrots, peeled and cut into sticks (10 to 12 carrots)
- 2 Tbsp olive oil
- 1 Tbsp honey
- 1 tsp ground coriander
- 1/2 tsp sea salt
- 1/2 tsp ground black pepper
- Tahini Sauce, recipe below

Directions:

1. Preheat oven to 400º F. Lightly oil a sheet pan or baking dish large enough to fit the carrots in one layer.
2. Cut carrots into 2 to 3-inch sticks. Do your best to cut them uniformly so that they cook evenly.
3. Whisk olive oil, honey, coriander, salt and pepper together and pour over the carrots. Toss to coat.
4. Spread the carrots in an even layer in the prepared pan or dish. Roast in the oven until browned and tender, about 20 minutes, stirring half-way.
5. Drizzle tahini sauce on top of the roasted carrots and serve.

Tahini Sauce
Ingredients:
- 1/3 cup tahini
- 1 garlic clove, minced
- 1 Tbsp chopped fresh parsley
- 2 Tbsp fresh lemon juice (about 1/2 a lemon)
- 1 Tbsp olive oil
- 1/4 tsp sea salt
- 4-6 Tbsp lukewarm water
- Pinch cumin, optional
- Pinch cayenne, optional

Throw all your ingredients in a blender and enjoy! Taste for seasoning and adjust with additional salt or lemon juice.