



**REGINA'S**  
**FARM KITCHEN®**

## **SWEET & STICKY GLAZED BABY CARROTS**

**SERVING SIZE:** 8-10

### **INGREDIENTS:**

1 jar Regina's Farm  
Kitchen™ Orange  
Meyer Lemon Artisan  
Fruit Spread

2 bunches baby carrots,  
cleaned, washed and  
dried thoroughly. (Leave  
1 in. of green stem for  
eye candy appeal.)

Blood-orange-flavored  
Olea Olivia® olive oil

Salt and pepper

½ tsp. smoked cumin

½ tsp. sweet paprika

Saucepan

Pastry brush

Sheet pan

Parchment paper



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When it comes to side dishes, anyone can make their “famous” green bean casserole or burn marshmallows on top of sweet potatoes. But not you. You’re bringing your A-game. With healthy, delicious—not to mention gorgeous-looking—orange Meyer lemon-glazed baby carrots. Who’s famous now?

**SERVING SIZE:** 8-10

## INSTRUCTIONS:

Preheat oven to 400 degrees. While oven is heating, grab your saucepan and heat 1/2 cup of RFK Orange Meyer Lemon Artisan Fruit Spread with 1 tbsp. of olive oil, a good shake of smoked cumin, a few grinds of salt and pepper and the sweet paprika.

Stir everything together as it beautifies. Taste the glaze and adjust flavor to your liking. Turn off the burner and set aside.

Take the cleaned/dried carrots and place them on a parchment-lined sheet pan. Place them uniformly in a single-file direction. Leave 1-2 inches of the greens. Use the pastry brush to spread the glaze lightly over the carrots.

Place carrots in the 400-degree oven. Set your timer for 20 minutes. Turn carrots according to your preference. Carrots can be tender (to your liking), but continue to baste them with glaze and turn them so they don’t get too brown.

Remove from the oven, place on your best serving platter and bow politely when the applause begins.



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