

Side

# Sweet and Spicy Roasted Carrots and Broccoli

**5 Mins**  
Prep Time

**25 Mins**  
Cook Time

**4**  
Servings

 **174 Calories** **6g Fat** **26g Carbs** **5g Protein**



## Ingredients

 **4 Servings**  **30 Mins Total**  **Allergens: Soy, Gluten**

3 Tbsp Reduced-Sodium Soy Sauce

1 Tbsp Brown Sugar, packed

2 Tsp Sesame Oil, optional

1 Tsp Rice Vinegar, optional

1 Tsp Sriracha, or more to taste

16 Oz Bag Baby Carrots 

1 Tbsp Olive Oil

3 Cloves Garlic, minced 

16 Oz Broccoli Florets, cut into bite-size pieces 

2 Tsp Sesame Seeds, optional

### Allergen Swap

**Soy & Gluten** Replace the soy sauce with tamari, a soy-free and gluten-free alternative.

### Nourishment Note!

#### Carrots



Carrots contain vitamin A, potassium, and vitamin K. Vitamin A is important in strengthening the immune system, potassium is important for heart health, and vitamin K aids in blood clotting and helps with bone health.

#### Broccoli



Broccoli is rich in cancer and disease-fighting compounds. It's packed with vitamins and minerals, fiber to aid in gut health, vitamin C to help with skin health and immune function, and folate to promote healthy new cell growth.

#### Garlic



Garlic is a member of the onion family and contains vitamins, minerals, and antioxidants to help reduce the risk of various diseases, may lower blood pressure levels, and help to reduce the risk of Alzheimer's and dementia.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Preheat Oven

Preheat oven to 425°F. Lightly coat a baking sheet with non-stick cooking spray.

### 3. Prepare Sauce

In a small bowl, whisk together soy sauce, brown sugar, sesame oil, rice vinegar, and Sriracha, set aside.

### 4. Bake Carrots

Place carrots on baking sheet in a single layer. Drizzle with olive oil and top with garlic. Mix to evenly coat the carrots. Bake for 10-15 minutes.

### 5. Add Broccoli

Stir in broccoli and continue cooking for another 10-12 minutes, until the vegetables are tender and beginning to turn light brown.

### 6. Add Sauce & Serve

Remove from oven and transfer to a large bowl, gently stir in sauce mixture to combine. Sprinkle with sesame seeds, if desired.

### 7. Wash Hands

Wash hands with soap and water.

Recipe adapted from [damndelicious.net](https://damndelicious.net)

## What You'll Need



Measuring Cups



Measuring Spoons



Cutting Board



Knife



Baking Sheet



Non-Stick Cooking Spray



Small Mixing Bowl



Medium-Sized Mixing Bowl



Whisk



Mixing Spoon

### PD Cooking Tips

**Broccoli:** Use pre-chopped broccoli.

**Sauce:** Sauce can be made in advance and kept for up to 5 days in the refrigerator.

**Garlic:** Use jarred, minced garlic.