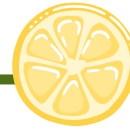


ROASTED PEARS & CARROTS

A Mobile Market Recipe

THE
Open
Door
FOODPANTRY.org



Makes: 6 Servings

Ingredients:

- 4 pears
- 4 carrots (or parsnips)
- 2 Tbsp. olive oil, vegetable oil, or melted butter
- 1 tsp. red pepper flakes (optional)
- 1 tsp. ground ginger
- 1/4 cup brown sugar
- 1 lemon (or 3-4 Tbsp. lemon juice)

Instructions:

1. Preheat the oven to 400 degrees F.
2. Peel the carrots and cut into 1/2 inch pieces.
3. Spread the carrots in a single layer on a baking sheet. Toss them with 1 tablespoon of oil, the red pepper flakes, ginger and brown sugar.
4. Slice the pears, removing the core, and place the slices on a sheet pan. Toss with the remaining tablespoon of oil and spread in a single layer.
5. Put the pans in the oven and roast until everything is soft, approximately 15 minutes for the pears and 30 minutes for the carrots.
6. Transfer the pears and parsnips to one bowl.
7. Juice the lemon, toss the mixture with the lemon and serve.

Recipe adapted from the MA Farm to School Project

