Honey Glazed Roasted Carrots

INGREDIENTS
4 carrots, peeled
1 tablespoon butter, melted
1 tablespoon organic honey
1/4 teaspoon salt
1/4 teaspoon pepper, ground

DIRECTIONS
1. Preheat oven to 425 degrees.
2. Line a baking sheet with aluminium foil and spray with cooking spray. Set aside.
3. Peel your carrots, and slice into thirds and slice again vertical. You want the carrots to be the same size.
4. In a small bowl, whisk together butter and honey and pour over carrots. Season with salt and pepper.
5. Place on baking sheet and roast for 15 - 20 minutes or until carrots are tender.

Yield: 3 cups (serving size: 1 cup)
www.peanutbutterandpeppers.com

Kale Salad with Apple, Pear and Roasted Pecans

INGREDIENTS
For the Salad
1 bunch green kale
1 lemon, juiced
1 apple, shredded
1 pear, thinly sliced
1 cup raw pecans, roasted
1/2 cup gorgonzola cheese (or desired amount)

For the Balsamic Vinaigrette
1/2 cup olive oil
1/3 cup balsamic vinegar
1/8 teaspoon salt or to taste
1 clove garlic, minced
1 teaspoon honey

DIRECTIONS
1. Prepare the balsamic vinaigrette by whisking all ingredients together until the oil and vinegar do not separate and the dressing appears creamy. You can also put the ingredients in a blender and blend. Set aside.
2. Remove the kale leaves from their stems and either discard the stems, chop them to add to the salad or save them for a green smoothie.
3. Give the kale leaves a rough chop and put them in a large salad bowl.
4. Squeeze the lemon over the leaves (about 1 tablespoon of lemon juice).
5. Massage the kale leaves with both of your hands for 30 seconds or so. Allow kale leaves to sit in the lemon juice 10 minutes. This helps soften the leaves and break down some of the tough fiber.
6. While the kale leaves are sitting, peel the apple and shred it using a box grater. Slice the pear.
7. Spread the pecans on out on a cookie sheet and roast them at 350 degrees F for 5 to 10 minutes until they get some color and they are fragrant. Careful not to leave them unattended as they burn easily!
8. Add the shredded apple, sliced pear and roasted pecans to the salad bowl with the kale leaves. Toss the salad with desired amount of balsamic vinaigrette and sprinkle with feta!

Yield: 2 large salads
www.theroastedroot.net