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## Colorful carrot concoction wows with shallots and cranberries

By Susie Iventosch



Roasted Rainbow Carrots & Cranberries Photo  
Susie Iventosch

which saves time when it comes to serving dinner, is that you can prepare the carrots a day or two ahead of time and marinate them along with the cranberries and shallots. When you're ready to serve them, just roast them at 400 F for about 20-25 minutes.

### INGREDIENTS

(Serves 6-8)

- 8 large rainbow and maroon carrots
- 1 cup fresh cranberries (or frozen)
- 1 large shallot, peeled and diced
- 1/4 cup olive oil
- 1 tbsp maple syrup
- 1 tsp Sambal or harissa (\*hot chili paste)
- 1 tbsp soy sauce
- 1/2 tsp dried thyme
- 1/4 tsp white pepper
- 2 tbsp snipped parsley for garnish

### DIRECTIONS

Marinate carrots, shallots and cranberries in marinade for at least 2 hours. Preheat oven to 400 F. Oil or spray a large roasting pan or baking sheet with cooking spray or olive oil. Place veggies along with all of the marinade on the prepared pan and roast for 20-25 minutes, or until carrots, cranberries and shallots are tender and beginning to brown. Serve hot and garnish with a sprinkling of snipped parsley leaves.

I cannot get over the splendor of all of the colorful carrots available in the markets these days. My very favorites are the maroon carrots with the orange center, which are now available in bunches all by themselves. They tend to be just a tad bit sweeter than regular carrots, and they hold their color beautifully even after roasting them.

Maroon carrots are not only beautiful, but like all carrots, they are low in calories and full of great health benefits like fiber, potassium, vitamins A, B & C, and manganese. The purple varieties also have antioxidants called anthocyanins, which help protect the body from oxidative stress - the imbalance between free radicals and antioxidants in your body.

Regardless of any health benefits, which are awesome, I just simply love the flavor of carrots and especially when roasted like this. Another great thing about this dish,



Susie can be reached at [suziventosch@gmail.com](mailto:suziventosch@gmail.com). This recipe can be found on our website: [www.lamorindaweekly.com](http://www.lamorindaweekly.com). If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977. Or visit <https://treksandbites.com>

Reach the reporter at: [suziven@gmail.com](mailto:suziven@gmail.com)

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