

ROASTED CARROTS

INGREDIENTS:

- 24 baby carrots
- 2 tablespoons olive oil
- 2 tablespoon balsamic vinegar
- 2 tablespoons garlic, minced
- 1 teaspoon dried thyme
- 1 teaspoon onion powder
- salt and black pepper, to taste



DIRECTIONS:

1. Preheat oven to 375 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
2. In a large bowl, mix: carrots, olive oil, vinegar, garlic, thyme and onion powder; season with salt and pepper, to taste. Gently toss to combine.
3. Place carrots on a sheet pan lined with foil or sprayed with non-stick cooking spray
4. Place into oven and bake for 25-35 minutes, or until tender.
5. Serve immediately, garnished with parsley, if desired.

Nutrition Facts

Serving Size

Servings Per Container 6

Amount Per Serving

Calories 59.5 Calories from Fat 41.4

% Daily Value*

Total Fat 4.6g 7%

Saturated Fat 0.6g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 25.8mg 1%

Total Carbohydrate 4.3g 1%

Dietary Fiber 1.0g 4%

Sugars 2.3g

Protein 0.4g 1%