

# Sweet & Savory Roasted Carrots

*Roasting carrots brings out their natural sweetness. This quick but impressive dish packs a lot of flavor and allows the humble carrot to be the star of the show!*

<b>YIELD</b> <b>4 SERVINGS</b>	<b>PREP TIME</b> <b>5 MIN</b>	<b>TOTAL TIME</b> <b>25 MIN</b>
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## INGREDIENTS

2 Tbsp	Olive Oil
1 ½ lb	Carrots, peeled, cut into ¼" rounds
1 Tbsp	Honey
4 cloves	Garlic, minced
¼ tsp	Kosher Salt
To Taste	Black Pepper, ground
3 sprigs	Rosemary, fresh, minced
½ each	Orange, zested and juiced

## CHEF'S NOTES

Carrots are rich in antioxidants and come in a variety of colors: red, orange, yellow, and purple. Using a combination of colors will make an appealing side for any meal.

Make your presentation a little fancier by cutting your carrots on the bias. Simply make your cuts at a 45-degree angle!

Take these carrots a step further by adding toasted nuts or seeds and more fresh herbs such as parsley or chives once they have cooled.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 400°F and line a baking sheet with parchment paper.
2. Combine all ingredients in a medium bowl. Using a spatula, mix thoroughly until well combined.
3. Arrange the carrots in a single layer on the baking sheet and bake until tender and browned on the edges, about 20-25 minutes, flipping halfway through.

# Nutrition Facts

4 servings per container

**Serving Size** 1/2 cup (197 g)

Amount per serving

**Calories** 150

% Daily Value \*

**Total Fat 7g** 10%

Saturated Fat 0.5g 3%

*Trans* Fat 0g

**Cholesterol 0mg** 0%

**Sodium 240mg** 10%

**Total Carbohydrate 23g** 8%

Dietary Fiber 5g 18%

Total Sugars 13g

Includes 0g Added Sugars 0%

**Protein 2g** 4%

Vitamin D 0mcg 0%

Calcium 60mg 5%

Iron 0.62mg 3%

Potassium 600mg 12%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from Health meets Food, "Sweet and Savory Roasted Carrots" (10/4/19)



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