**Herb Roasted Carrots**

**INGREDIENTS:**
- 2 pounds carrots, washed, peeled and cut into 1/4 inch by 3 inch sticks
- 2 Tablespoons olive or vegetable oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon dried rosemary*
- 1 teaspoon dried thyme*

*Or use Italian seasoning or herbs of choice

**NUTRITION FACTS:**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 135</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total fat</td>
<td>4g</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>0.5g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>224mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>11g</td>
</tr>
<tr>
<td>Fiber</td>
<td>3.3g</td>
</tr>
<tr>
<td>Sugar</td>
<td>5.4g</td>
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<tr>
<td>Protein</td>
<td>1g</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>40mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>365mg</td>
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</tbody>
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**EQUIPMENT NEEDED:**
- Knife and cutting board
- Vegetable peeler
- Mixing spoon
- Measuring spoons
- Baking sheet

**DIRECTIONS:**

1. Preheat oven to 400 degrees.
2. Spread carrots evenly on baking sheet. *Line pan with foil for easier clean up.
3. Drizzle the oil over the carrots and stir.
4. Sprinkle the herbs and spices over the carrots. Mix until coated.
5. Bake for 20-25 minutes, or until a fork can pierce the carrots.

**RECIPE TIPS:**
- Choose firm carrots with even, dark orange color.
- Store them in the fridge in a plastic bag with a few small holes for up to two weeks.
- Prepare carrots by washing, peeling, then cutting to size.
- Add carrots to soups, stews, or pot roasts.
- Steam, stir fry or roast to savor the flavor on their own.

Additional recipes available at healthyshelves.org

Recipe submitted by Mount Mary University Dietetics Department