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Herb Roasted Carrots

SERVING SIZE: 1/2 cup

SERVINGS: 8

PREPARATION TIME: 15 minutes

BAKING TIME: 25 minutes

READY IN: 40 minutes

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

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.



NUTRITION FACTS:

Amount Per Serving	
Calories	135
Total fat	4g
Saturated fat	0.5g
Cholesterol	0mg
Sodium	224mg
Total Carbohydrate	11g
Fiber	3.3g
Sugar	5.4g
Includes 0g of Added Sugars	
Protein	1g
Phosphorus	40mg
Potassium	365mg

EQUIPMENT NEEDED:

- Knife and cutting board
- Vegetable peeler
- Mixing spoon
- Measuring spoons
- Baking sheet

Additional recipes available at healthyshelves.org

Recipe submitted by Mount Mary University Dietetics Department