

ROASTED CARROTS WITH HERBS



HEALTHY EATING SERIES
COMPLIMENTS OF SFG



Ingredients

2 pounds carrots with tops
¼ cup extra-virgin olive oil
Salt and pepper, to taste
2 sprigs fresh rosemary
2 sprigs fresh sage
2 sprigs fresh thyme
2 tbsp chopped fresh parsley

| Preparation time | Cook time | Total time | Servings |
|------------------|-----------|------------|----------|
| 20 min | 40 min | 60 min | 8 |

Description

These carrots will make for a light, nutritious and flavorful side dish. Experience how the use of herbs, rather than butter and excess salt, can bring a dish to life.

Directions

1. **Preheat:** Set the oven to 400 degrees Fahrenheit.
2. **Prepare Carrots:** Wash, peel and trim off all but ½ inch of the tops. Place the carrots on a large piece of aluminum foil. Drizzle with oil and season with salt and pepper. Lay the rosemary, sage and thyme on top.
3. **Roast:** Fold the ends of the foil together and seal the carrots in the foil. Roast on a baking sheet until tender, about 35-40 minutes.
4. **Serve:** Transfer the carrots, with the juices, to a serving platter. Sprinkle with parsley and a pinch of salt.

Nutrition

Carrots are high in *fiber*, and are a great source of *beta-carotene* (antioxidant), which your body converts to *Vitamin A*. They also contain *Vitamin K*, *Vitamin C* and *Potassium*.

Notes

Peeling the Carrots: You can choose to leave the peel on and simply scrub the carrots clean, but you may experience a dry or bitter skin after roasting. Use trial and error to determine what you prefer. While there are nutrients in the peel, carrots carry a lot of nutrients in the inner layers as well.

Original Source: [Food Network](#)