

Roasted Carrots

Yield: 6 servings

Ingredients:

- 12 carrots
- 3 tablespoons good olive oil
- 1 1/4 teaspoons kosher salt
- 1/2 teaspoons freshly ground black pepper
- 2 tablespoons minced fresh dill or parsley

Directions:

1. Preheat the oven to 400 degrees F.
2. If the carrots are thick, cut them in half lengthwise; if not, leave whole. Slice the carrots diagonally in 1 1/2-inch-thick slices. (The carrots will shrink while cooking so make the slices big.) Toss them in a bowl with the olive oil, salt, and pepper. Transfer to a sheet pan in 1 layer and roast in the oven for 20 minutes, until browned and tender.
3. Toss the carrots with minced dill or parsley, season to taste, and serve.

Nutritional analysis per serving:

Calories 110 calories
Total Fat 7g
Saturated Fat 1g
Cholesterol 0mg
Sodium 484mg
Carbohydrates 12g
Dietary Fibre 3.5g
Sugar 6g
Protein 1g

Sourced: *The Barefoot Contessa Cookbook*