

# Roasted Carrots

**Yield:** 6 servings (serving size: 1/6<sup>th</sup> recipe)

## 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



## Preparation

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 Information: Amount per serving

- Calories: 110
- Protein: 1g
- Sodium: 484mg
- Calories from fat: 57%
- Carbohydrate: 12g
- Sugar: 6g
- Fat: 7g
- Fiber: 3.5g
- Saturated fat: 1g

*Recipe Courtesy of  
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