

Simple Roasted Baby Carrots

Makes: 6 Servings

Roasted baby carrots can be eaten as a side dish or on their own as a quick snack.

Ingredients

- 1 pound** baby carrots
- 2 tablespoons** vegetable oil (or use olive oil)
- 1/4 teaspoon** garlic powder
- 1/4 teaspoon** salt
- 1/4 teaspoon** black pepper

Directions

1. Preheat oven to 450 degrees F.
2. Mix together carrots, vegetable oil, garlic powder, salt, and pepper.
3. Spread mixture on a baking pan.
4. Roast for 10 minutes, remove from oven, and stir.
5. Return to oven and roast for 10 more minutes or until just soft.

Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|-----------|---------------|
| Total Calories | 50 | |
| Total Fat | 2.5 g | |
| Protein | 1 g | |
| Carbohydrates | 6 g | |
| Dietary Fiber | 2 g | |
| Saturated Fat | 0 g | |
| Sodium | 160 mg | |