

Firecracker Carrots

Ingredients

- 3/4 cup baby carrots
- 1/8 tsp vegetable oil
- 1/8 tsp sesame oil
- 1 tsp sambal oelek chili sauce

Directions

1. In a large bowl, combine carrots, oil, and sambal. Mix until carrots are fully coated.
2. Pour in a 18 x 13 inch pan, and bake in a 400°F oven for 8-10 minutes or until carrots are tender but not mushy.

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 18 calories, 0.42 g fat, 0.06 g saturated fat, 43 mg sodium, 3.55 g carbohydrate, 1.24 g fiber, 2 g sugar, 0.28 g protein

