

Roasted Carrots

Ingredients

- 2-1/2 cups baby carrots
- 1 tsp vegetable oil
- 1 tsp garlic, minced
- 1/4 tsp kosher salt
- 1 tsp rosemary

Directions

1. Lay out carrots in a single layer on a baking sheet lined with parchment paper.
2. In a small bowl, combine oil, garlic, salt, and rosemary leaves. Stir until fully combined and drizzle mixture on top of carrots.
3. Roast in a 350° F oven for 15 minutes or until tender. Serve immediately.

Notes

Number of Portions: 4

Serving Size: 1 cup

Nutrition Facts: 66 calories, 1.46 g fat, 0.24 g saturated fat, 222 mg sodium, 12.91 g carbohydrate, 4.54 g fiber, 7.2 g sugar, 1.03 g protein

