



Elliott Evans Nutrition, LLC
Prevent and Protect
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ROASTED CARROTS WITH GARLIC

(WholeLiving.com)

Serves 4

- 1 lb medium carrots, peeled and halved lengthwise
- 6 small garlic cloves, skin on
- 1 tablespoon extra-virgin olive oil
- 1 lemon – cut into wedges
- Coarse salt and freshly ground black pepper

- Preheat oven to 425, and arrange carrots and garlic on a rimmed baking sheet
- Drizzle with oil and season with salt and pepper
- Roast, rotating pan once, until caramelized and tender, 30 to 35 minutes
- Squeeze with lemon before serving. Use a knife to spread roasted garlic on carrots

Possible Variations:

- 1 Add 1 tablespoon of torn fresh mint leaves before serving
- 2 Toss with 1 tablespoon toasted pin nuts and 2 tablespoons crumbled feta before serving
- 3 Sprinkle with ½ teaspoon curry powder before roasting