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Prevent and Protect
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CHILI-ROASTED CARROTS

(EatingWell: September/October 2009)

Servings – 4 (3/4 cup per serving)

- 2 tablespoons canola oil
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon salt
- 2 pounds carrots (10-12 medium carrots), cut into ¼-inch diagonal slices
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons lime juice

Preparation:

- Position rack in lower third of oven; preheat to 450
- Combine oil, chili powder, cumin and salt in a medium bowl. Add carrots and toss well to coat. Spread out on a rimmed baking sheet.
- Roast the carrots, stirring once, under tender and golden (20-25 minutes).
- Toss the carrots with cilantro and lime juice. Serve immediately