



Cumin Roasted Carrots

Directions:

1. Mix the cumin, cinnamon and pepper in a small bowl. Add the olive oil.
2. Spread the carrots in a single layer on a sheet-pan. Pour the seasoned olive oil over the carrots and toss until the carrots are evenly coated.
3. Roast at 350 for 15-20 minutes or until tender and slightly browned.
4. Remove from the oven and squeeze the fresh citrus juice over the top. Sprinkle with the parsley.

Nutrition Facts: 219 cal, 5 g fat, 9 g carb, 29 g pro, 43 mg Na+, 0 g fiber

Ingredients:

1 pound fresh baby carrots
1/2 tablespoon ground cumin
1/4 Teaspoon ground cinnamon
1/4 Teaspoon ground black pepper
1 Tablespoon olive oil
1/2 fresh lemon or lime
1/2 teaspoon dried parsley

Yield: 4 servings

Time: 25 minutes

Carrots are a good source of beta-carotene, fiber, vitamin K and potassium. Beta-carotene is a form of vitamin A, which is important for eyesight, which is why you have probably heard that carrots are good for your eyes!