



Northeast Georgia Medical Center
BARIATRIC WEIGHT LOSS CENTER



Simply Roasted Carrots

Serves: 5 Serving Size: ¼ cup

Ingredients:

- 1 lb carrots
- 2 Tbsp olive oil
- 1 tsp kosher salt
- Black pepper



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Steps:

1. Preheat the oven to 400 degrees F.
2. If the carrots are thick, cut them in half lengthwise; if not, leave whole. Slice the carrots diagonally in 1 ½ inch-thick slices. (The carrots will shrink while cooking so make the slices big.)
3. Toss them in a bowl with the olive oil, salt, and pepper. Transfer to a sheet pan in 1 layer and roast in the oven for 20 minutes, until browned and tender.

Nutrition Facts (per serving):

Calories: 67, Protein: 0.4 g, Fat: 5.5 g, Saturated Fat: 0.8 g, Carbohydrates: 4.5 g, Sugars: 1.9 g

Photo and recipe source: www.foodnetwork.com