

Roasted Carrots with Fresh Sage

Super simple to make, but so delicious. Make these any time, but particularly when you get some multi-colored (red, yellow and orange) small carrots with the tops on from the Farmers Market.

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| 1 pound | small carrots, preferably with the tops on | 4 grindings | black pepper freshly ground |
| 2 Tablespoons | olive oil | 1 Tablespoon | fresh sage leaves, minced or other herbs from the garden |
| ¼ teaspoon | kosher salt | | |

- 1 Clean carrots and remove the tops. Wash well, but do not peel.
- 2 Place carrots on a baking sheet. Drizzle olive oil over the carrots and shake to cover all surfaces. Sprinkle with kosher salt and fresh ground pepper. Top with fresh minced sage or other herbs from your garden.
- 3 Roast in 350° oven for 15-20 minutes or until tender when pierced with a fork. Rotate carrots after about 10 minutes, by shaking the tray and return them to the oven.
- 4 Serve the carrots as a side dish or cut and use in a salad, pasta or rice dish.

Servings: 4

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Total Time: 20 minutes

Nutrition Facts

Nutrition (per serving): 100 calories, 61 calories from fat, 6.9g total fat, 0mg cholesterol, 206.1mg sodium, 271.2mg potassium, 9.5g carbohydrates, 3.3g fiber, 5.4g sugar, <1g protein.

Source

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