



# Roasted Curried Carrots

4-6 servings

## INGREDIENTS

- 8 carrots, peeled
- 1-2 Tbsp olive oil
- 1tsp curry powder
- Salt & pepper, to taste
- Cooking spray (for baking sheet)

Optional– for an added layer of flavor substitute lemon pepper for s&p and coconut oil for olive oil.

## DIRECTIONS

1. Preheat oven to 425°F.
2. Line a baking sheet with aluminum foil (for easy clean up) and spray with cooking spray. Set aside.
3. Wash carrots, remove ends (stem and tip), no need to peel. Cut carrot in half from end to end.
4. Toss carrots with olive oil, curry powder, salt, and pepper.
5. Transfer carrots to prepared baking sheet, evenly space carrots flat side down and roast for 10-12 minutes until carrots are browned on bottom, flip over, and continue to roast for an addition 10 minutes or until carrots are tender at the thickest end.



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