

Roasted Carrots with Cumin

Earth Day Dinner | April 2007



- 2 LB. BABY CARROTS WITH TOPS, IF POSSIBLE
- 1/3 CUP EXTRA-VIRGIN OLIVE OIL
- 1 1/2 TSP. CUMIN SEEDS, CRUSHED
- 1 TSP. KOSHER SALT
- 3 CLOVES GARLIC, MINCED
- 3 SPRIGS FRESH THYME
- SNIPPED FRESH PARSLEY (OPTIONAL)
- PLAIN YOGURT (OPTIONAL)

Snip tops from carrots. Scrub carrots and peel, if desired; slice any large carrots in half lengthwise. In a large mixing bowl combine carrots with oil, cumin seeds, kosher salt, garlic, and thyme. Transfer to a shallow roasting pan. Roast, uncovered, in a 400° oven for 45 to 55 minutes or until tender, stirring occasionally. Remove thyme sprigs.

Sprinkle with parsley and serve with yogurt, if desired. Makes 6 servings.

Per serving: 166 cal., 12 g fat (2 g sat. fat), 0 mg chol., 416 mg sodium, 14 g carbo., 4 g fiber, 1 g pro.