

Chili-Roasted Carrots

4 servings, about 3/4 cup each

Active Time: 15 minutes

Total Time: 35 minutes

Ingredients

- 2 tablespoons canola oil
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 2 pounds carrots (10-12 medium), cut into 1/4-inch diagonal slices
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons lime juice

Preparation

1. Position rack in lower third of oven; preheat to 450°F.
2. Combine oil, chili powder, cumin and salt in a medium bowl. Add carrots and toss well to coat. Spread out on a rimmed baking sheet. Roast the carrots, stirring once, until tender and golden, 20 to 25 minutes.
3. Toss the carrots with cilantro and lime juice. Serve immediately.

Nutrition

Per serving: 161 calories; 8 g fat (1 g sat , 4 g mono); 0 mg cholesterol; 23 g carbohydrates; 0 g added sugars; 2 g protein; 7 g fiber; 455 mg sodium; 750 mg potassium

