

Roasted Carrots

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Serves 4

0 points on all plans

- 1 pound carrots
- 1 tsp olive oil
- salt, pepper and garlic powder to taste

1. Preheat oven to 425
2. Peel carrots. Cut in half and then into thick matchstick pieces
3. Arrange on a baking sheet and drizzle olive oil over carrots.
4. Using your hands, mix them up so the carrots are coated in the oil
5. Season with salt, pepper and garlic powder or any other herbs/spices you wish, to taste
6. Roast in the oven for about 25 minutes or until desired doneness, stirring every 10 minutes

Side Dish
Vegetable