

Caramelized Cumin-Roasted Carrots

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by Maria Helm Sinskey

Yield: 6 servings

ingredients

Nonstick vegetable oil spray

12 medium to large carrots, peeled, cut on diagonal into 1/2-inch-thick pieces

2 tablespoons extra-virgin olive oil

1 1/2 teaspoons cumin seeds

2 teaspoons coarse kosher salt

preparation

Preheat oven to 400°F. Spray large rimmed baking sheet with nonstick spray.

Combine carrots and all remaining ingredients in large bowl; toss to coat. Spread in single layer on prepared baking sheet. Roast carrots until tender and lightly caramelized, turning carrots over once, 35 to 40 minutes.

nutritional information

Per serving: 94.0 kcal calories, 48.6 % calories from fat, 5.1 g fat, 0.7 g saturated fat, 0 mg cholesterol, 11.9 g carbohydrates, 3.5 g dietary fiber, 5.8 g total sugars, 8.4 g net carbohydrates, 1.2 g protein

Nutritional analysis provided by Bon Appétit

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