



Spiced Roasted Carrots



1/4th of recipe (about 1/2 cup): 71 calories, 3.5g total fat (0.5g sat. fat), 384mg sodium, 10g carbs, 3.5g fiber, 5.5g sugars, 0.5g protein

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Prep: 5 minutes **Cook:** 30 minutes



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Ingredients

- 1 lb. (about 3 cups) baby carrots
- 1 tbsp. olive oil

Seasonings:

- 1/2 tsp. chili powder
- 1/2 tsp. cinnamon
- 1/2 tsp. salt

Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

Place carrots in a large bowl. Add oil and seasonings, and toss to coat.

Transfer to the baking sheet. Bake until browned and soft, about 30 minutes.

MAKES 4 SERVINGS

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