

# THYME ROASTED CARROTS

Thyme Roasted Carrots

*Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 7 (Serving = 2 carrots)*

## Nutrition (per serving)

Calories: 51	Total Carbohydrate: 12
Total Fat: 0 g	Dietary Fiber: 4 g
Saturated Fat: 0 g	Total Sugars: 6 g
Sodium: 168 mg	Protein: 1 g

## Ingredients

- 2 pounds whole carrots, peeled and ends removed
- ½ teaspoon thyme
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- Cooking spray with olive oil

## Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Line a baking sheet with foil.
3. Spray foil with cooking spray.
4. Place carrots on baking sheet and spray carrots with cooking spray.
5. Sprinkle carrots with thyme, salt, and pepper.
6. Place seasoned carrots in oven for 45 minutes, or until tender when pierced with fork.