

Roasted Carrots with Onion and Parsley



- 1-1/4 pounds carrots
 - 1 medium yellow onion
 - 2 teaspoons vegetable oil
 - 2 teaspoons parsley, chopped
 - 1/4 teaspoon salt
 - 1/4 teaspoon black pepper.
1. Preheat oven to 450°F.
 2. Peel and trim carrots. Cut into three-inch lengths. Cut onion in half and thinly slice lengthwise.
 3. Toss carrots and onion with oil. Roast, stirring occasionally, until carrots are lightly brown and just tender, about 20 minutes, depending on size.
 4. Remove carrots from heat; stir in remaining ingredients.

Yields 6 servings.

Nutrition Facts		
Serving Size: about 1/2 cup		
Servings per recipe: 6		
Amount Per Serving		
Calories 57	Calories from fat 18	
Value		% Daily
Total Fat 2g		3%
Saturated fat 1trace		1%
Cholesterol 0mg		0%
Sodium 119mg		5%
Carbohydrate 10g		3%
Dietary Fiber 3g		12%
Protein 1g		2%
Vitamin A: 474%	Vitamin C: 16%	Folacin: 4%
Calcium: 3%	Iron: 3%	Potassium: 9%

Source: Modified from: California Fresh Carrots Advisory Board

Provided by:

Barbara Brown
Food Specialist
OSU Cooperative Extension Service
Stillwater, Oklahoma 74078-6141
bbrown@okstate.edu