SIDES | PEAK SEASON: Winter

Roasted Balsamic & Cilantro Carrots

Recipe by: Kiandra Call

Tender carrots with caramelized edges, bright herbs, and a tangy-sweet glaze that melts into every bite.

Nutritional Info

Makes 3 servings

Calories: 95
Carbs: 14g
Fiber: 4g
Protein: 1g
Fat: 5g
Sugar: 7g (Natural sugars in carrot)
Sodium: 170g

Ingredients

- 4 medium carrots
- 1 teaspoon of olive oil
- 1 tablespoon of balsamic vinegar
- 1 tablespoon of fresh cilantro
- Pinch of salt
- Pepper to taste

Instructions

1. Bring a small pot of water to a boil. Add carrots and parboil for 5-7 minutes until just fork-tender but not soft. Drain well.
2. Preheat oven 400 degrees
3. Toss carrots with olive oil, balsamic vinegar, salt, and pepper.
4. Spread on lined baking sheet in a single layer.
5. Roast for 15-18 minutes until edges begin to caramelize.
6. Remove from oven and sprinkle with fresh cilantro before serving.

Additional Info

- Carrots are rich in beta-carotene which supports eye and immune health.
- Parboiling shortens the cook time of the carrots when roasting and improves caramelization.
- Swap cilantro for parsley or thyme if preferred
- Serve with chickpeas or your favorite lean protein and a complex carb like wild rice or sweet potato for a complete and balanced meal.
- Serve with salad for a fiber rich snack or side dish.