

ROASTED CARROTS

Makes 4 servings

INGREDIENTS

2 lbs carrots, peeled
1 teaspoon ground cinnamon
1 teaspoon ground cumin
1/2 teaspoon salt
1/2 teaspoon black pepper
1/4 cup olive oil (or other neutral oil)

DIRECTIONS

1. Preheat oven to 425° Fahrenheit and arrange a rack in the top 1/3 of oven.
2. Arrange peeled carrots in one layer on a baking sheet or in a baking dish.
3. Sprinkle cinnamon, cumin, salt, and black pepper over the carrots.
4. Drizzle olive oil over the carrots and spices, and, with your hands or a rubber spatula, massage spices to cover carrots.
5. Place tray in oven and roast until tender, about 20-25 minutes. A knife or fork should pierce the skin easily and without resistance.
6. Serve with yoghurt, mascarpone, crushed nuts, and/or fresh chopped parsley or dill as a garnish.

