

Ginger-Roasted Carrots

1 pound carrots
1 teaspoon ground cumin seed
1 teaspoon fresh-grated ginger
1 teaspoon brown sugar
2 teaspoons olive oil

Serves 4

1. Preheat oven to 375°F.
2. Peel carrots and slice into circles or slice on the diagonal. Place on a dark cookie sheet.
3. Add the cumin, ginger, brown sugar and oil. Toss to coat carrots and spread carrots in single layer.
4. Roast on a rack in lower portion of the oven until browned (about 15 minutes). Time may vary depending upon your oven.

NUTRITION PER SERVING

Serving size 1/2 cup

Calories 79

Protein 1.5 g

Carbohydrate* 13 g

(*1 gram added sugars)

Fiber 4 g

Soluble fiber 1.3 g

Fat 3 g

Saturated fat 0.5 g

Cholesterol 0 mg

Sodium 82 mg

Potassium 369 mg

Calcium 51 mg

Omega-3 ALA 20 mg

Bonus: Beta-carotene (381% DV)

Vitamin C (11% DV)

With permission from Smart 4 Your Heart by Margaret Pfeiffer

www.smart4yourheart.com