



Roasted Carrots – by The Barefoot Contessa

- 1 pound carrots
- 3 tablespoons olive, avocado or coconut oil
- Salt & pepper to taste
- 2 Tb minced fresh dill or parsley

Preheat the oven to 400. If the carrots are thick, cut them in half lengthwise; if not, leave whole. Slice the carrots diagonally in 1 1/2-inch-thick slices (the carrots will shrink while cooking so make the slices big). Toss them on a sheet pan with the oil, salt, and pepper. Roast in the oven for 20 minutes, until browned and tender.

Toss the carrots with minced dill or parsley, season to taste, and serve.