
Roasted Carrots with Thyme

From a cooking class with Phillis Carey, 12/2010



Just simple carrots, but with exquisite roasted flavor.

2 pounds carrots, medium sized, peeled, cut on deep diagonal in 1/2-inch pieces

1 1/2 tablespoons olive oil

1 1/2 teaspoons fresh thyme

1 1/2 tablespoons unsalted butter

Salt and freshly ground black pepper

Per Serving (excluding unknown items): 113 Calories; 6g Fat (49.1% calories from fat); 1g Protein; 14g Carbohydrate; 4g Dietary Fiber; 8mg Cholesterol; 48mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Vegetable; 1 1/2 Fat.

Servings: 6

1. Preheat oven to 400°.
2. Toss carrots, oil and thyme in a large bowl. Season well with salt and pepper. Spread in a single layer on a large parchment-lined baking sheet; dot with butter.
3. Roast carrots until tender and light golden, stirring occasionally, 20-40 minutes (depends on the thickness of the carrots).

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>