

Roasted Carrots with Cardamom Butter

Courtesy of Eating Well Test Kitchen



Makes: 4 servings -2/3 cup

Ingredients:

- 4 teaspoons butter, melted
- 2 teaspoons canola oil
- 1 teaspoon ground cardamom
- ½ teaspoon salt
- 2 pounds carrots, peeled and cut diagonally into ¼-inch-thick slices

Preparation:

- Position rack in lower third of oven; preheat to 450F.
- Combine butter, oil, cardamom and salt in a medium bowl. Add carrots and toss well to coat. Spread evenly on a rimmed baking sheet. Roast the carrots, stirring twice, until tender and golden, about 30 minutes. Serve immediately.

Nutrition Per serving: 139 calories; 7 g fat, 20g carbs, 2 g protein, 101 mg sodium