

BUTTER-GLAZED RAINBOW CARROTS

Look on the bright side! You CAN enjoy food that is tasty and good for you. This bright side dish is loaded with vitamin A and uses just a few ingredients. It's the perfect compliment any main dish that needs a dash of color.

Yield= 6, 1 cup servings

Ingredients

1 lb. **rainbow carrots** (or any carrot available), trimmed, scrubbed, and cut into 1-inch pieces
4 tablespoons **butter**, melted
2 tablespoons **lemon juice**
1/4 teaspoon **salt**
1/2 teaspoon **pepper**
Chives, for garnish, minced (optional)

Instructions

1. Preheat oven to 425 F. Line a rimmed baking sheet with parchment paper or coat with cooking spray.
2. Toss carrots with butter, salt, and pepper. Arrange carrots in a single layer on the baking sheet.
3. Roast for 20 – 25 minutes or until tender and browned.
4. Drizzle carrots with lemon juice. To serve garnish with chives.

Per 1 cup Serving- Calories 130, Saturated Fat 5g, Sodium 80mg, Added Sugars 0g



Recipe featured in the December 2020 issue of
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BEYOND THE KITCHEN

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