



Moroccan-Spiced Baby Carrots

This is a quick, but impressive carrot dish that packs a lot of flavor.

<u>U.S.</u>		<u>Metric</u>
2 Tbsp	Olive Oil	30 mL
1 1/2 lbs	Baby Carrots	680.4 g
2 each	Lemons, cut into 8 wedges	each
2 tsp	Cumin, ground	3.6 g
1 tsp	Cinnamon, ground	1.4 g
1/2 tsp	Salt, Kosher	3 g
1/2 tsp	Black Pepper, ground	1.2 g
2 Tbsp	Cilantro, fresh, chopped	7.2 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 450°F (232°C) and line a sheet tray with parchment paper.
3. Combine the oil, carrots, and lemon in a medium bowl.
4. Add the cumin, cinnamon, salt and pepper and toss to coat.
5. Arrange the carrots in a single layer on the tray and bake for 13 minutes, rotating halfway through.
6. Remove tray from the oven and sprinkle with cilantro and serve.

Nutrition Facts

Serving size	1/2 cup
Servings	6
Calories	90
Calories from Fat	45
Total Fat	5 g
Saturated Fat	0.5 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	250 mg
Carbohydrates	14 g
Dietary Fiber	5 g
Sugars	5 g
Protein	1 g
Vitamin A	320 %
Calcium	4 %
Vitamin C	6 %
Iron	4 %
Phosphorus	33 mg
