

# ROASTED CARROTS

## Ingredients

**Serves 2 people**

**1 (15 oz) can carrots, rinsed and drained**

**1 Tablespoons olive oil**

**1 teaspoon garlic powder**

**1 teaspoon smoked paprika**

**1 dash of salt**



## Directions

1. Preheat the oven to 325 degrees Fahrenheit and line a baking sheet with parchment paper or aluminum foil.
2. Rinse and drain carrots, then pat them dry.
3. Mix the carrots, oil, and spices together in a small bowl, stir until coated.
4. Place the coated carrot slices on the prepared baking sheet so that they do not overlap.
5. Bake in the oven for about 15-25 minutes, or until the slices become lightly browned.

## Nutritional Value

**122 Calories**

**2g Protein**

**7 g Fat**

**168 mg Sodium**

**14g Carbohydrates**

Marion County Public Health Department  
**NUTRITION SERVICES**

