



### Simple Roasted Baby Carrots

#### Ingredients:

- 1 pound baby carrots
- 2 tablespoons canola oil
- 1/4 teaspoon garlic powder
- 1/8 teaspoon salt
- 1/4 teaspoon black pepper

#### Directions:

1. Preheat oven to 450F.
2. Mix together carrots, oil, garlic powder, salt, and pepper.
3. Spread carrots on a baking pan.
4. Roast for 10 minutes. Remove from oven. Stir.
5. Return to oven and roast 10 more minutes or until soft.

Makes 6 servings.



**Tarrant County Public Health**  
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