

From the cookbook “Man Can Cook”
By Robert Sturm



Roasted Carrots

Ingredients:

- 1 Pound Carrots, whole, peeled
(Dark Indigos, Sunlites, Crem de Lites, Incas, etc) A variety of colors.
- 2 TB. Rice Oil or Vegetable Oil
- 1 tsp. All Purpose Seasoning

Directions

Preheat oven to 400F. Toss carrots with oil and seasoning. Place carrots on a baking sheet pan lined with parchment paper. Bake 20 minutes or until carrots are tender. Serve.