

# Ginger Beets and Carrots

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## Servings: 4

*1 1/2 cups fresh carrots, thinly sliced*

*1 1/2 cups fresh beets, thinly sliced*

*4 teaspoons olive oil*

*1 1/2 teaspoons honey*

*1 1/2 teaspoons ground ginger*

*3/4 teaspoon soy sauce*

*1/2 teaspoon sea salt*

*1/2 teaspoon chili powder*

Preheat the oven to 400 degrees.

Place the vegetables in a greased 15x10x1-inch baking pan.

In a bowl, whisk the olive oil, honey, ginger, soy sauce, salt and chili powder. Drizzle over the vegetables. Toss to coat.

Bake until the carrots and beets are crisp-tender, 15 to 20 minutes.

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Per Serving (excluding unknown items): 95 Calories; 5g Fat (43.0% calories from fat); 1g Protein; 13g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 360mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 1 Fat; 0 Other Carbohydrates.