

Roasted Grapes and Carrots

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Servings: 6

1 package (16 ounce) baby carrots

1 red onion, cut in wedges

2 tablespoons olive oil

1 teaspoon cumin

1/2 teaspoon crushed red pepper

1/4 teaspoon salt

1 pound seedless grapes

black pepper (for garnish)

Preheat the oven to 375 degrees.

Line a baking sheet with foil.

In a bowl, place the carrots and red onion. Add the olive oil. Toss to coat. Sprinkle with cumin, red pepper and salt. Toss to coat evenly. Spread on the baking sheet.

Roast until the carrots begin to soften, about 15 minutes.

Add the seedless grapes and continue roasting until the carrots are tender and the grapes begin to split, 5 to 10 minutes. Garnish with black pepper.

Per Serving (excluding unknown items): 82 Calories; 5g Fat (4 calories from fat); 1g Protein; Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 95mg Sodium; Exchanges: 0 Grain(Starch); Lean Meat; 1/2 Vegetable; 1/ Fruit; 1 Fat.