

Whole Roasted Carrots

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Servings: 8

2 pounds whole carrots, peeled

2 whole heads garlic

1/4 cup olive oil

2 teaspoons Mediterranean spiced sea salt

2 tablespoons fresh Italian parsley, coarsely chopped

Preheat the oven to 425 degrees.

Peel the carrots. Slice the garlic in half cross-wise. Place the carrots and garlic on a baking sheet. Coat with the oil and spiced salt.

Bake for 25 to 30 minutes, turning halfway, or until the carrots and garlic are tender.

Chop the parsley. Sprinkle over the top. Serve.

Per Serving (excluding unknown items): 60 Calories; 7g Fat (99.4% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Vegetable; 1 1/2 Fat.