



Roasted Carrots with Spiced Yogurt & Carrot Top Pesto

Servings: 3

What you'll need



measuring spoons



measuring cups



blender



bowl



sheet pan

Ingredients

Roasted Carrots

4 Tbsp oil, olive canola blend (90/10)

2 bunches (10-12) carrots, whole, baby fresh

1 cup fresh orange juice

2 Tbsp fresh thyme, chopped

¼ tsp black ground pepper

½ tsp kosher salt

Spiced Yogurt

1 cup Greek yogurt (fat free, organic)

2 tsp fresh lemon juice

2 tsp sherry vinegar

2 Tbsp fresh cilantro, chopped

2 tsp fresh mint, chopped

¼ tsp ground cumin

Carrot Top Pesto

½ cup fresh parsley, chopped

1 cup fresh basil, chopped

2 tsp garlic cloves, fresh, peeled, minced

2 tsp Parmesan cheese, shredded

1 cup oil, olive canola blend (90/10)

1 tsp kosher salt

1 cup carrot top greens

Directions

1. Wash whole baby carrots (10-12), cut off tops and save for pesto. (do not peel)
2. Combine oil (4 Tbsp), orange juice (1 cup), thyme (2 Tbsp), salt (½ tsp) and pepper (¼ tsp).
3. Add carrots and let marinate for 10 minutes.
4. Place carrots in single layer in sheet pan into a 450° oven for 12 minutes, or until carrots are caramelized around the edges but are still firm.
5. In a small bowl, mix all spiced yogurt ingredients together. Refrigerate until ready to use on top of carrots.
6. Place all pesto ingredients in a blender and blend all together until smooth. Set aside to serve on top of carrots



Nutrition Facts

Servings 3

Amount Per Serving

Calories **575**

% Daily Value

Total Fat 7g **9%**

Saturated Fat 2.4g **12%**

Cholesterol 7mg **2%**

Sodium 1751mg **76%**

Total Carbohydrate 76.5g **28%**

Dietary Fiber 15.1g **54%**

Sugars 49.1g

Protein 57g

Vitamin D 0mcg **0%**

Calcium 843mg **65%**

Iron 6mg **35%**

Potassium 2356mg **50%**



Share your healthy eats
with us @Wellbeats

