

Cooked Carrot Coins

My children and I do not eat a lot of vegetables. This recipe was a way to incorporate a warm side dish into our dinner routine.

Ingredients

1. 4 carrots that are cleansed and peeled
2. Olive oil
3. Salt
4. Pepper

How to Make It

1. Preheat oven to 425 degrees
2. Cut carrots onto 1/4 inch slices
3. Place carrots on cooking sheet and drizzle with olive oil
4. Season with salt and pepper (May be substituted with Mrs. Dash or other seasoning if desired)
5. Bake for 20 minutes

Nutritional Information

Serving Size: 1 cup

Calories per serving: 124

Carbs: 14g

Protein: 1g

Fat: 7g

