

Roasted Carrots and Mushrooms

Ingredients:

8–10 ounces of carrots (about 4 medium sized), sliced
8 ounces of mushrooms, sliced
2 tablespoons olive oil
1/2 teaspoon dried thyme or 1 tablespoon fresh thyme
Salt and pepper to taste
Parsley (fresh or dried)

Directions:

1. Preheat oven to 450°F.
2. Peel carrots, if desired. Cut carrots diagonally into slices about 1/4 inch thick. Toss carrots with 1 tablespoon olive oil, thyme, salt, and pepper. Spread onto large roasting pan. Roast for 15 minutes.
3. While the carrots are roasting, wash mushrooms and dry. Slice evenly and toss mushrooms with 1 tablespoon olive oil.
4. Remove carrots from the oven, stir, add mushrooms, and roast an additional 10–15 minutes. Serve hot, and sprinkle with parsley.

Nutrition Facts	
Serving Size (143g)	
Servings Per Container 4	
Amount Per Serving	
Calories 110	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 2g	
Vitamin A 110%	• Vitamin C 10%
Calcium 4%	• Iron 4%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

For more information, please contact:

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Source: kalynskitchen.com

