

# Roasted Carrots and Broccolini

## Ingredients:

- 1 lb. carrots
- 1/2 lbs. broccolini
- 2 1/2 tablespoons butter
- 2 garlic cloves, chopped
- 1 tablespoon olive oil
- Salt and pepper to taste

## Directions

1. Preheat oven to 400°F
2. Wash carrots and broccolini well and dry with a kitchen towel or paper towel.
3. Cut thick carrots lengthwise in two and leave ends on. Pieces should not be thicker than your thumb.
4. In a small saucepan, melt butter over low heat. Once melted, add chopped garlic, salt and pepper to it and whisk until well combined.
5. On a large olive oil baking sheet lay out all carrots in a single layer; add half of the seasoned garlic butter into the carrots. Make sure they are covered.
6. Put in oven and set a timer for 10 minutes.
7. In the meantime, put broccolini in a large bowl and add rest of seasoned garlic butter, to cover.
8. Once timer goes off, add broccolini to baking sheet, trying to keep all in one layer.
9. Put back in the oven and bake for and then 25 - 35 minutes or until desired consistency is reached.

## Nutrition Facts

Serving Size (179g)

Servings Per Container 4

Amount Per Serving

**Calories 130**      **Calories from Fat 60**

% Daily Value\*

**Total Fat 7g**      **11%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 75mg**      **3%**

**Total Carbohydrate 15g**      **5%**

Dietary Fiber 5g      **20%**

Sugars 7g

**Protein 3g**

**Vitamin A 430%**      • **Vitamin C 100%**

**Calcium 6%**      • **Iron 2%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

