



ROASTED CARROTS WITH PARMESAN



Ingredients

1 lb of fresh carrots - garden fresh, carrots with the tops, or bulk carrots, your choice!

2-3 tsp olive oil or avocado oil

¼ cup freshly minced garlic

¼ cup freshly grated parmesan or asiago cheese

salt and pepper, to taste

optional: fresh herbs to garnish - parsley, rosemary, thyme, etc.



Instructions

Servings
4

Prep Time
10 mins

Bake Time
40 mins

Total Time
50 mins

1. Preheat the oven to 400 ° F.
2. Remove the green leafy tops from the carrots, if still attached.
3. Wash and peel the carrots.
4. Rub a little olive oil in the bottom of the roasting pan, then add the carrots to the pan.
5. Drizzle 1 tsp olive oil over the carrots, then top them with salt and pepper.
6. Roast the carrots for 30 minutes at 400 ° F.
7. Pull the pan of carrots out and rotate them. Add the remaining teaspoon of olive oil, the minced garlic, grated cheese and more salt and pepper.
8. Roast the carrots for another 10 minutes at 400 ° F.
9. Serve the carrots topped with more grated cheese, freshly ground pepper and some fresh herbs.