

Nourish Program's Roasted Tajin Spiced Carrots

Yield: about 4 servings

Serving size: about ½ cup

Amount:	Ingredient:
1 lbs.	Baby carrots, bagged*
2 Tbsp.	Canola oil
1 Tbsp.	Tajin spice, low sodium
To taste	Red chili flakes

Method:

1. Preheat oven to 375°F (convection) and line a sheet pan with parchment paper
2. Add carrots to the bowl, pour canola oil over carrots, add seasoning and mix well
3. Spread seasoned carrots evenly on a sheet pan lined with parchment paper (do not over-crowd pan)
4. Roast in oven for 25 -30 minutes, until crisp on the outside and tender on the inside

Helpful Tips:

- *Fresh bagged vegetables range in weight from 10 oz to 1 lb. Adjust seasoning as needed to accommodate.
- Don't have a convection oven? Set oven to 400°F and turn vegetables halfway through the cook time.
- Ratio for roasting is 1lb of vegetables to 2 Tbsp of oil and 1 Tbsp of seasoning
- Substitute any fresh vegetable for carrots
- Substitute any low sodium seasoning for Tajin

Equipment Needs:

- Large mixing bowl
- Rubber spatula or wooden spoon
- ½ sheet pan
- Parchment paper
- Measuring spoons