



Moroccan Carrots with Dill Yogurt Sauce

SERVINGS: 4 CUPS

PREPPING TIME: 10 MINS

COOKING TIME: 20-25 MINS

INGREDIENTS

1 lb. carrots
2 tbsp. olive oil
1/4 tsp. salt
1 tsp. smoked paprika
1 tsp. ground cumin
1/4 tsp. ground ginger
1/8 tsp. ground cinnamon
1/4 tsp. ground turmeric
1/8 tsp. ground cayenne

Dill Yogurt Sauce:

1/2 cup non-fat plain Greek yogurt
3 cloves garlic, minced
2 tbsp. fresh dill
1 tbsp. lemon juice
1 tsp. olive oil
1 tsp. honey

DIRECTIONS

1. Preheat the oven to 375°F. Line a baking sheet with parchment paper.
2. Add carrots to the baking sheet and drizzle with olive oil, salt, paprika, cumin, ginger, cinnamon, turmeric, and cayenne. Toss to combine.
3. Cook for 20-25 minutes or until carrots are tender.
4. While the carrots are cooking, make the dill yogurt sauce. In a small mixing bowl, mix together all of the sauce ingredients.

NUTRITION

Serving size: 2/3 cup roasted carrots and 2 tbsp. sauce
(per serving) 153.4 calories, 8.6g fat, 1.2g saturated fat, 1.5mg cholesterol,
259mg sodium, 16g carbohydrate, 4g fiber, 8g sugar, 4.6g protein