

# ROASTED CARROTS WITH HERBED YOGURT SAUCE

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**SERVINGS**

**6**

**SERVING SIZE**

**1 cup**

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## INGREDIENTS

### **For the carrots:**

1½ pounds medium carrots, peeled and halved lengthwise (quartered lengthwise if large)

2 tablespoons olive oil

Salt and black pepper

1 teaspoon ground cumin

### **For the sauce:**

1 cup full-fat Greek yogurt

½ cup finely chopped herbs, such as cilantro, parsley, or dill

1 tablespoon lemon juice (about ½ lemon), plus more for serving (optional)

Salt and black pepper

¼ cup roasted nuts or seeds, such as peanuts, almonds, pistachios, or pumpkin seeds

## INSTRUCTIONS

1. Heat oven to 400 degrees. In a large bowl, toss the carrots with the olive oil. Season with salt, pepper, and cumin and toss the mixture to evenly coat. Place the carrots cut-side down on a rimmed baking sheet and roast, flipping about halfway through, until the carrots are golden brown and tender, about 25 to 30 minutes. Allow to cool slightly.
2. While the carrots roast, in a medium bowl combine the Greek yogurt, herbs, and lemon juice. Stir well to combine. Taste, and season with salt and pepper.
3. Spread the sauce on the bottom of a plate and arrange roasted carrots on top. Scatter nuts or seeds on top and season with more pepper, herbs, and lemon juice if desired.

