

# Roasted Carrots with Spiced Yogurt & Carrot Top Pesto

Servings: 3

## What you'll need



measuring spoons



measuring cups



blender



bowl



sheet pan



## Ingredients

### Roasted Carrots

- 4 Tbsp oil, olive canola blend (90/10)
- 2 bunches (10-12) carrots, whole, baby fresh
- 1 cup fresh orange juice
- 2 Tbsp fresh thyme, chopped
- ¼ tsp black ground pepper
- ½ tsp kosher salt

### Spiced Yogurt

- 1 cup Greek yogurt (fat free, organic)
- 2 tsp fresh lemon juice
- 2 tsp sherry vinegar
- 2 Tbsp fresh cilantro, chopped
- 2 tsp fresh mint, chopped
- ¼ tsp ground cumin

### Carrot Top Pesto

- ½ cup fresh parsley, chopped
- 1 cup fresh basil, chopped
- 2 tsp garlic cloves, fresh, peeled, minced
- 2 tsp Parmesan cheese, shredded
- 1 cup oil, olive canola blend (90/10)
- 1 tsp kosher salt
- 1 cup carrot top greens

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## Instructions

1. Wash whole baby carrots (10-12), cut off tops and save for pesto. (do not peel)
2. Combine oil (4 Tbsp), orange juice (1 cup), thyme (2 Tbsp), salt (½ tsp) and pepper (¼ tsp).
3. Add carrots and let marinate for 10 minutes.
4. Place carrots in single layer in sheet pan into a 450° oven for 12 minutes, or until carrots are caramelized around the edges but are still firm.
5. In a small bowl, mix all spiced yogurt ingredients together. Refrigerate until ready to use on top of carrots.
6. Place all pesto ingredients in a blender and blend all together until smooth. Set aside to serve on top of carrots



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## Nutrition Facts

Servings 3

Amount Per Serving

**Calories** 575

% Daily Value

**Total Fat** 7g 9%

Saturated Fat 2.4g 12%

**Cholesterol** 7mg 2%

**Sodium** 1751mg 76%

**Total Carbohydrate** 76.5g 28%

**Dietary Fiber** 15.1g 54%

**Sugars** 49.1g

**Protein** 57g

Vitamin D 0mcg 0%

Calcium 843mg 65%

Iron 6mg 35%

Potassium 2356mg 50%