

Pan-Roasted Carrots

Expect your whole family to enjoy this delicious dish!

- 3 cups cut carrots
- 3 Tbl oil
- 1/4 tsp salt
- Black pepper to taste

- 1 1/2 tsp dried herbs (oregano, thyme, basil, or 1 tsp dill)

Nutrition Facts

Amount Per Serving	Calories 90	Calories from Fat 60
Serving Size About 1/2 cup		
Servings Per Container 6		
	% Daily Value*	
Total Fat 7g	11%	
Saturated Fat 0.5g	3%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 140mg	6%	
Total Carbohydrate 6g	2%	
Dietary Fiber 2g	8%	
Sugars 3g		
Protein 1g		
Vitamin A 210% • Vitamin C 6%		
Calcium 2%	Iron 2%	
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.		
Calories: 2,000 2,500		
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,100mg	2,100mg
Total Carbohydrate	Less than 300g	375g
Dietary Fiber	25g	50g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

1. Heat a large skillet over medium heat. Add oil and let it get hot.
2. Add carrots. Sprinkle with salt and pepper. Stir to mix and spread in a single layer across the bottom of the pan.
3. Stir every 10 minutes or so. Add herbs after carrots have cooked for 15-20 minutes.
4. Carrots are done when they have softened and their outsides are starting to toast golden brown. This should be 20-45 minutes, depending on how small you cut them.

Makes 6 servings



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