



YOU CAN COOK  
AND YOU DO HAVE THE TIME

**Kev's Kitchen**

## **SALT-ROASTED CARROTS**

**Time: 45 minutes**

**Serves: 4**

### **Ingredients:**

1 pound medium carrots – scrubbed and trimmed  
1 pound kosher salt  
2 tablespoons black peppercorns  
2 tablespoons packed fresh rosemary leaves  
1 bunch fresh thyme leaves

### **Preparation:**

Preheat oven to 350F.

Place the carrots in a roasting pan just big enough to hold them.

Toss together the salt, peppercorns, rosemary and thyme.

Cover the carrots with the salt mixture and bake for thirty minutes.

Remove the carrots from the salt and either peel, shake or rinse off the salt then, serve.

### **Nutritional Information Per Serving:**

Calories: 46  
Fat: 0.3g  
Carbs: 11g  
Fibre: 3g  
Protein: 1g