

Roasted Carrots with Apple and Onion



Cut carrots into ¼ inch rounds. Chop apples, onion and walnuts.



Add oil, cinnamon, pepper and salt. Stir to mix.



After roasting in the oven, add dried fruit. Stir to mix.



Preparation time: 10 minutes | **Cook time:** 25 minutes | **Cost:** \$3.75

Ingredients:

- 2 cups **carrots**, cut into rounds
- 2 cups **apples**, chopped
- 2 cups **onion**, chopped
- ½ cup **walnuts**, chopped
- 1 tablespoon **oil**
- 2 teaspoons **cinnamon**
- ¼ teaspoon **black pepper**
- ¼ teaspoon **salt**
- ½ cup dried **cherries, cranberries or raisins**

Directions:

1. Preheat oven to 375°.
2. Cut carrots into ¼ inch rounds. Chop apples, onion and walnuts.
3. Add carrots, apples, onion and walnuts to a large mixing bowl.
4. Add oil, cinnamon, black pepper and salt. Stir to coat ingredients with seasoning.
5. Spread on a rimmed baking sheet or baking dish.
6. Roast for 25 minutes. Stir once or twice during cooking time.
7. Remove from the oven. Add dried fruit. Stir to mix.

Makes 8 servings

Don't have walnuts? Try using nuts like almonds or pistachios. You can also use sunflower or pumpkin seeds.

Nutrition Facts

8 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	14%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1mg	6%
Potassium 303mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

