
Roasted Carrots with Feta Vinaigrette

Adapted slightly from *Southern Living*, March 2013

Internet Address: <http://www.myrecipes.com/recipe/roasted-carrots-avocado-50400000126643/print/>



Servings: 6

1. Preheat oven to 500°. Toss carrots with 2 T. olive oil and honey (warm honey in microwave if it's firm and won't mix with the oil). Sprinkle with kosher salt and next 3 ingredients; toss to coat. Place carrots in a lightly greased jelly-roll pan lined with parchment or a Silpat. Bake 15 to 20 minutes or until tender, stirring halfway through.
2. Stir together shallot and vinegar. Add salt and pepper to taste. Stir in remaining 2 Tbsp. olive oil; stir in feta.
3. Arrange carrots and avocado, if using, on a serving platter. Drizzle with vinaigrette. Sprinkle with nuts and cilantro.

Yield: 6 servings

Per Serving (excluding unknown items): 239 Calories; 17g Fat (61.4% calories from fat); 4g Protein; 20g Carbohydrate; 5g Dietary Fiber; 8mg Cholesterol; 471mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates.

2 pounds carrots, small, assorted colors if possible

1 tablespoon honey, or sorghum syrup

4 tablespoons extra virgin olive oil, divided

1 teaspoon kosher salt

1 teaspoon ground cumin

1/2 teaspoon freshly ground black pepper

1/4 teaspoon crushed red pepper

1 shallot, minced

2 tablespoons red wine vinegar

2 ounces feta cheese, blue, or goat cheese, crumbled

1 avocado, sliced, medium-size ripe (optional)

2 tablespoons fresh cilantro leaves

1 tablespoon pine nuts, or pepitas

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>