

Mark's Kitchen

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Coriander Roasted Carrots

Ready in: 45 minutes

Serves: 4 as a side

This week I'm featuring a beautiful side dish from my friend, [Chef Frank Giglio](#). I love all of Frank's recipes because they are simple *and* delicious. This side dish is so easy to make and pairs well with just about any of your favorite proteins. Enjoy!

Ingredients:

- 2 pounds assorted carrots
- 2 tablespoons melted ghee
- 2 tablespoons crushed coriander seed
- pinch of sea salt

Directions:

1. Preheat the oven to 325°F.
2. Give the carrots a wash; peel them if you'd like.
3. Use a pastry brush to coat the carrots with the ghee, coriander seeds, and sea salt. Lay the carrots in a single layer out on a baking sheet.

4. Roast in the oven, and turn carrots every 15-20 minutes. Total roast time should be about 40 minutes or until the carrots can be easily pierced with a knife.
5. Remove from the oven and serve.

Nutritional analysis per serving

Calories: 11.8 • Fat: 29 g • Saturated Fat: 3 g • Cholesterol: 5 mg • Fiber: 7 g • Protein: 2 g • Carbohydrates: 22 g • Sodium: 301 mg