



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Cinnamon Roasted Carrots

Serves 4

Ingredients:

4 cups carrots (peeled, cut into 3-inch long, ½ inch wide wedges)
¼ cup extra virgin olive oil
1 tsp cinnamon
¼ tsp salt

Directions:

1. Preheat oven to 350 degrees F. Line roasting pan with aluminum foil or baking sheet.
2. In a medium bowl, carrots, olive oil, cinnamon and salt until well combined. .
3. Transfer carrots to roasting pan. Bake for 20-25 minutes until carrots are tender (test: knife cuts through easily).



Nutrition Tips:

1. Carrots are rich in fiber and several phytonutrients, namely beta-carotene, which have been known to support eye, skin, and respiratory cell membrane health.
2. Roasting carrots with cinnamon brings out the natural sweetness in them without the need for added sugars.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.