

Italian Roasted Carrots

Serves 4

Ingredients

- 2lbs of Fresh Carrots with tops
- 1 tablespoon of Olive Oil
- 1 tablespoon of Italian Seasoning
- ¼ teaspoon of Salt
- 2 tablespoons of Parmesan Cheese
- Fresh Oregano (optional)

Directions

1. Preheat oven to 400 degrees.
2. Chop off the carrot tops and peel the skin of the carrots with a peeler.
3. Arrange the carrots on a baking sheet, and drizzle the olive oil on the carrots. Turn and roll the carrots so the surface is evenly coated with oil. Sprinkle the italian seasoning on the carrots followed by salt.
4. Roast the carrots for 20 minutes, remove from oven and sprinkle with parmesan cheese. Put the carrots back into the oven for a few more minutes, or until the cheese melts.
5. Remove from oven, top with fresh oregano and serve immediately.

Bonus Recipe from Amy!
PARMESAN CORN WITH ITALIAN SEASONING

INGREDIENTS

Corn on the cob
Butter
Parmesan Cheese
Italian Seasoning

1. Cook the corn in boiling water for about 5 minutes.
2. Butter the corn
3. Roll in the parmesan cheese
4. Sprinkle with the Italian Seasoning

TIPS

You can also use canned, frozen or corn off the cob as well!