



EVERYTHING *Herbal*

—• by Cheryl Jabz •—

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Fenugreek Roasted Carrots

*Rich in beta-carotene.
Naturally sweet and flavorful.
Excellent with chicken,
pork, or fish.*



INGREDIENTS

- 1 lb carrots, peeled and sliced
- 1 tbsp olive oil
- 1/4 tsp ground fenugreek
- 1/2 tsp thyme
- 1 tbsp honey
- Salt and pepper to taste

INSTRUCTIONS

- 1 Preheat oven to 400°F (205°C).
- 2 Toss carrots with oil, fenugreek, thyme, honey, salt, and pepper.
- 3 Spread on a baking sheet.
- 4 Roast 25–30 minutes, stirring halfway through.



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