



winter spiced pomegranate carrots //

zingy and
nutritious!

Not your average sleepy roasted root vegetable... adapted from Bon Appétit

by-hand preparation /

Preheat oven to 400 degrees F
Put carrots in roasting pan, sprinkle with melted coconut oil, toss to coat. Roast carrots 30 minutes, stirring once.

Meanwhile, pour pomegranate and orange juice in a small saucepan. Boil to reduce by half. Mixture will be not quite thick. Add ginger, cumin, cardamom, nutmeg, and pepper to pomegranate mixture.

After carrots have cooked for 30 minutes, reduce heat to 350 degrees F. Toss carrots with glaze and roast until carrots are tender and liquids are reduced to a glaze, stirring twice and mixing water in by tablespoons if necessary to prevent burning, about 30 minutes or less. Season with sea salt and pepper.

Transfer carrots to platter. Sprinkle pomegranate seeds, pine nuts, basil, and mint over carrots and serve.

Can be made 4 hours ahead. Let stand at room temperature. Rewarm in 375 degree F oven for 10 minutes before serving.

Serves two very generously as a side dish

Rich in vitamin C, and many different antioxidants; it's polyphenol content is 3X that of green tea and red wine. Polyphenols help protect against heart disease and cancer.

organic ingredients /

- 2 cups fresh pomegranate juice
- 1 cup freshly squeezed orange juice
- coconut oil for roasting
- 2 tbsp finely grated peeled fresh ginger
- $\frac{1}{2}$ tsp ground cumin
- $\frac{1}{4}$ tsp ground cardamom
- pinch of ground nutmeg
- pinch of cayenne pepper
- 2lbs medium carrots, peeled, halved lengthwise
- $\frac{1}{3}$ cup pomegranate seeds
- $\frac{1}{3}$ cup pine nuts, toasted
- 2 tbsp thinly sliced basil leaves
- 2 tbsp thinly sliced fresh mint leaves

NUTRITION FACTS	
Servings: 4	
Amount Per Serving	
Calories: 292	
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Total Fat: 7.46g	
Cholesterol: --	
Sodium: 161mg	
Total Carbs: 51.17g	
Dietary Fiber: 11.63g	
Sugars: 30.36g	
Protein: 6.24g	