

David Reich's MD

Pan Roasted Carrots with Turmeric and Cumin

Ingredients

Makes 6 servings

Per serving: 100 calories

Estimated cost \$3 per serving

10 medium carrots, peeled
3 Tbsp. extra virgin olive oil
Salt and freshly ground pepper to taste
1 Tbsp. fresh thyme leaves
½ tsp. cumin
½ tsp. ground coriander
½ tsp. turmeric
½ tsp. chili powder
2 Tbsp. chopped fresh mint

Preparation

Cut the carrots in half lengthwise and crosswise. If the carrots are larger at one end, cut the larger half in half again lengthwise, so that the pieces are more or less equal in thickness. Place in a large bowl and toss with the 2 tablespoons of olive oil, salt and pepper, and thyme leaves.

Add 2 Tbsp. olive oil in a pan and place the carrots in the pan to sauté for 15 minutes on medium-high heat, stirring the carrots every 2 minutes. They should be slightly caramelized and tender.

While the carrots are in the pan – in a small bowl mix the cumin, ground coriander, turmeric, chili powder and 1 tablespoon of olive oil. Stir until well amalgamated.

Remove the carrots from the heat when done and add the spiced olive oil and the mint. Toss together and serve from the pan or transfer to a platter.

****Health tip: Curcumin in the active ingredient in Turmeric. Curcumin has been found to have high anti-inflammatory and antioxidant properties.***

****This dish is great as a side dish or can be served as an appetizer with a light yogurt for dipping.***