

Parmesan Smashed Carrots

This recipe is a fantastic side dish, elevating simple roasted carrots to gourmet status. These cute orange beauties are boiled (or steamed) until tender, then smashed and roasted to create crispy edges and a soft center. Topped with a generous sprinkle of grated Parmesan cheese and fresh herbs, your guests will say WOW!

Yield: 8 servings

Serving Size: 5 carrots

Ingredients:

- 40 "fat" baby carrots - about 1 pound
- 2 1/2 Tbsps olive oil
- 1/4 tsp salt
- 1/2 tsp garlic powder
- 1/2 tsp nutmeg (optional)
- 1/2 cup grated parmesan cheese (or 1 - 1 1/4 cup if freshly grated)
- 1/4 cup finely chopped parsley, for garnish

Instructions:

1. Preheat your oven to 400°F and line a baking sheet with parchment paper.
2. Steam or boil 40 baby carrots until the centers are soft enough to easily pierce, about 10 minutes. Drain.
3. Place the carrots on baking sheets with about 1 inch in between. Smash the carrots with the bottom of a large glass until they are about 1/4 inch thick.
4. Drizzle carrots with olive oil and dust them evenly with salt, garlic powder, and nutmeg.
5. Evenly distribute parmesan cheese over each carrot, about 3/4-1 tsp per carrot.
6. Roast seasoned carrots for about 25 minutes or until golden brown.
7. Remove from oven, garnish with parsley, and serve.

Per Serving: Calories 100 kcal, Carbohydrates 6.5 g, Protein 3g, Sat Fat 2g, Sodium 207 mg, Added Sugars 0 g

This recipe was taken from <https://www.thespruceeats.com/parmesan-smashed-carrots-recipe-8383804>