



EAT YOUR BEST.  
LESS SALT.  
MORE PLANTS.



# RED CURRIED CARROTS

CUMIN YOGURT, SMOKY CHICKPEAS, NUTS, FRUIT

MAKES 3 SERVINGS

## INGREDIENTS

- 6 medium - large carrots
- 2 1/2 tbsp olive oil
- 2.5 tsp red curry paste
- 1 cup plain lowfat Greek yogurt
- 1 tbsp lemon juice
- 1 tsp cumin
- 1 15-oz can unsalted chickpeas, strained and rinsed
- 1 tbsp paprika
- 1 tsp liquid smoke
- 3 tbsp shaved almonds
- 3 tsp dried cranberries or blueberries

## METHOD

- 1 Wash and trim the carrots lengthwise. Slice them into halves or quarters depending on their size. Cut them so the pieces are similarly sized.

- 2 Mix 2 tbsp olive oil with the red curry paste in a large bowl. Coat the carrots evenly in the paste and add to a roasting pan. Roast for 30 minutes at 375°F.

- 3 Combine the lemon juice, cumin, and yogurt. Set aside.

- 4 Toss the chickpeas in 1/2 tbsp of olive oil and roast at 375°F for 20 minutes. When done baking, drain oil, sprinkle liquid smoke and paprika evenly over the chickpeas, toss to coat.

## ASSEMBLY

- To serve, place a dallop of yogurt on a plate.
- Top with carrots, crispy chickpeas, shaved almonds, and dried fruit.

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NUTRITION FACTS: Calories 440 Total Fat 19g Sodium 230mg Fiber 11g Protein 21g