



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

April 28th, 2015 Cooking Class

Featuring

D'Avolio's Olive Oil and Vinegar

Soy Sesame Roasted Carrots

Serves 6

Ingredients:

- 2 tbsp. honey
- 2 tbsp. sesame oil
- 1 ½ tbsp. low sodium soy sauce
- 1 tbsp. sesame seeds
- 1 Tbsp. D'Avolio garlic olive oil
- 1/8 tsp. chili flakes
- 2 lb. carrots, peeled and cut into 1 inch pieces

Nutrition Facts	
Serving Size: 1 serving (171.1g)	
Servings: 6	
Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 21g	7%
Dietary Fiber 5g	18%
Sugars 13g	
Protein 2g	
Vitamin A 510%	• Vitamin C 15%
Calcium 6%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Directions:

Combine first 6 ingredients in a large bowl. Toss carrots in the dressing and arrange in a single layer in a roasting pan or baking sheet. Bake in 350 degree oven for 1 hour, turning once or twice, until carrots are browned and soft.

