

Carrot Thyme

Servings: 4

RECIPE BOX

INGREDIENTS

4 MEDIUM CARROTS
8 OUNCES SLICED MUSHROOMS
2 TBSP EXTRA VIRGIN OLIVE OIL
½ TSP DRIED THYME
3 CUPS QUINOA, COOKED



DIRECTIONS

STEP 1: Preheat oven to 450F.

STEP 2: Peel carrots if needed, cut into thick slices and toss in large bowl with 1 TBSP EVOO, thyme, salt, and pepper. Spread on large roasting pan.

STEP 3: Cook for 15 minutes.

STEP 4: Wash and dry mushrooms, toss gently in large bowl with 1 TBSP EVOO. Add to baking dish and roast together for 10-15 minutes.

STEP 5: Serve on top of cooked quinoa. Can substitute brown rice.

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories: 567, Total Fat: 14.9g, Carbs 89g, Protein 20g, Fiber 11g, Sugars, 4g.

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