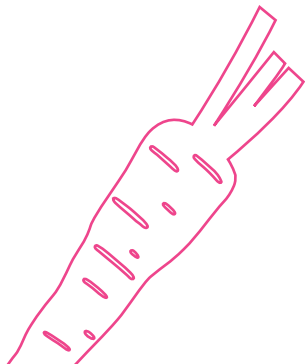


Garlic Roasted Carrots and Potatoes

Time: 40 minutes | Servings: 4-6

INGREDIENTS

1 ½ pounds baby potatoes, washed
6 large carrots, washed, peeled and cut
into 1 inch chunks
Salt
5 cloves garlic, chopped
¼ cup oil
1 tbsp fresh or ½ tsp dried herbs such as
thyme, rosemary, or oregano (optional)



METHOD

1. Preheat the oven to 425°F.
2. Add baby potatoes to a large pot and add cold water, just enough to cover them.
3. Add a generous pinch of salt to the water and bring to a boil.
4. Cook for 8-10 minutes, or until tender.
5. Strain and leave in the strainer momentarily.
6. Dry out potato pot with a cloth if wet. Add oil, garlic and herbs (if using) to the large pot and cook on medium low heat until you smell the garlic.
7. Turn off the heat and add the potatoes and carrots to the pot with the oil.
8. Toss everything together thoroughly with a wooden spoon and then scoop onto an aluminum foiled lined rimmed baking sheet.
9. Mash the baby potatoes with a fork, only until they burst open. Drizzle extra oil on the potatoes.
10. Sprinkle carrots and potatoes with salt and roast for 15-20 minutes, until potatoes are golden and carrots are tender.