



Dijon-Herb Carrots

Yield: 4 servings

Ingredients

- 2 cups sliced carrots, cut thickly on an angle
- ½ cup parsley, loosely packed
- 2 tablespoons fresh basil leaves
- ¼ teaspoon fresh garlic clove
- ½ tablespoon water
- 1 teaspoon Dijon mustard
- 1½ teaspoons extra virgin olive oil
- ⅛ teaspoon kosher salt

Instructions

1. In a large saucepan over medium-high heat, add 1 inch of water and cook carrots, with lid on until they are tender (about 10 minutes).
2. Meanwhile, in a food processor, puree until smooth: parsley, basil, garlic, water, mustard, oil and salt.
3. Drain carrots and combine in a large bowl with the sauce.



Nutrition Information

Serving Size: ¼ of recipe
Calories: 33
Total Fat: 0.7 g
Saturated Fat: 0.1 g
Monounsaturated Fat: 0.4 g
Sodium: 98.7 mg
Total Carbohydrate: 6.5 g
Dietary Fiber: 2.1 g
Sugar: 4.4 g
Protein: 0.9 g

Source: Walter C Willet, MD, Patrick Skerrett. Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating.

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