

April

Healthy Recipe of the Month



ROASTED CARROTS AND ASPARAGUS

Spring is in bloom which means some of the freshest vegetables are ripe for the pickin'. Asparagus is high in fiber and low in calories and important to the health of women and growing children.

- 1 pound baby carrots
- 1 bunch asparagus, trimmed, cut into 1-inch pieces
- 1 tablespoon olive oil
- 1 tablespoon ground ginger
- 1 tablespoon sesame seeds
- Salt to taste

Preheat oven to 475 °F. Place carrots and asparagus in a large bowl. Toss with olive oil. Add ground ginger, sesame seeds and salt; mix well. Place vegetables on a baking sheet and roast in oven for 15 minutes or until vegetables are tender.

Nutritional Information (per serving)

Calories 69; Fat 3g; Protein 2g; Carb. 9g; Fiber 4g; Calcium 30mg; Iron 1mg; Vitamin A (RE) 1325 mcg; Vitamin C 7mg; Folate 11.4mcg



This recipe is brought to you courtesy of WIC's *Lets Cook* recipe book. We will be highlighting healthy recipes each month.