

Roasted Carrot and Avocado Salad

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/roasted-carrot-recipe-for-thanksgiving>

Ingredients:

- 1 pound carrots scrubbed or peeled and cut into two-inch segments, angled if you're feeling fancy
- 3 tablespoons olive oil divided
- 1/4 teaspoon ground cumin
- ground black pepper
- coarse salt
- 1/2 avocado pitted and sliced, we had a mega-'cado and only used 1/4 of it
- 1/2 lemon

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 15 grams
3. Fat: 14 grams
4. Fiber: 6 grams
5. Protein: 2 grams
6. SaturatedFat: 2 grams
7. Sodium: 280 milligrams
8. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy Roasted Carrot and Avocado Salad above. You can see more 16 roasted carrot recipe for thanksgiving Get cooking and enjoy! to get more great cooking ideas.