



Grilled Carrots with Lemon and Dill



Marshfield Clinic
Health System

COOK TIME: Approximately 30 minutes • **SERVINGS:** 2-4

INGREDIENTS

- 1 bunch (about 1 pound) carrots, scrubbed and patted dry
- 2 teaspoons grapeseed oil or other high-heat oil
- 1 tablespoon dill, minced
- ½ teaspoon salt*
- 1 tablespoon fresh lemon juice
- ⅛ teaspoon freshly ground black pepper

NUTRITION INFORMATION

Each serving contains approximately 135 calories, 5.1 g fat, 22.4 g carbohydrates, 6.4 g fiber, 10.9 g sugars, 2.2 g protein, 557.3 mg*.

INSTRUCTIONS

Trim tops and ends from the carrots, and cut into pieces approximately 3 inches long. Cut any thick ends in half lengthwise, so all pieces are about ½- to ¾-inch thick. If you are using an outdoor grill, leave carrots whole.

In a bowl, toss carrots with the oil and ¼ teaspoon salt*.

Preheat grill pan or grill over medium-high heat. Place carrots cut-side down on the grill and cover. (Use a pot lid or a metal sheet pan as a grill pan lid.) Grill for 4-5 minutes, until the carrots develop sear marks and are beginning to soften. Flip, cover and grill for another 4-5 minutes. Carrots will be softened with a bit of crunch in the middle.

Transfer the carrots to a bowl. Mix in remaining ¼ teaspoon salt*, dill, lemon juice and pepper. Serve warm or at room temperature.

Try other herb or spice combinations like lime juice and cilantro, balsamic vinegar and parsley, or orange juice and cumin.

*Option to decrease or eliminate