

Dill Roasted Carrots & Tzatziki Sauce

Ingredients:

For the Tzatziki sauce:

- 1 can coconut cream (5.4 oz)
- ½ cucumber, diced small
- 2 tsp minced garlic
- ¼ cup fresh chopped dill
- 1 tsp apple cider vinegar
- juice of ½ lemon
- sea salt, to taste

For the roasted carrots:

- 1 - 1.5 lbs whole medium carrots, washed and patted dry
- 2 Tbsp cooking fat: coconut oil, butter, or olive oil are best
- 10 grinds trader joe's garlic salt* (substitute about about ½ tsp salt + ¼ tsp garlic powder + ¼ tsp onion powder + 1 tsp dried parsley)
- ¼ cup fresh chopped dill
- optional: coarse sea salt, for serving



Notes :

Enjoyed best when shared.

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Procedure:

1. Preheat oven to 375 degrees.
2. Wash and dry the carrots - no need to peel or cut them. If they're GIANT mutant carrots, cut them in half or even in fourths lengthwise.
3. In a large mixing bowl, toss the carrots with your melted cooking oil, then spread them on a large baking sheet or cast iron skillet. Season with garlic salt.
4. Pop them in the oven and roast for about 45-50 minutes. They should be completely tender in the middle part of the carrots when they're finished.
5. While the carrots are roasting, make the tzatziki: mix all the sauce ingredients together in a small bowl, then season with salt and pepper to taste. Refrigerate until you're ready to serve.
6. When the carrots are finished in the oven, take them out and toss them on the baking sheet with the fresh chopped dill.

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