

## **Garlic Parmesan Roasted Carrots**

- 2 pounds carrots, washed, peeled, and halved
- 1/4 cup olive oil
- 4 large cloves garlic, minced (1 tablespoon minced garlic)
- 1/4 cup grated parmesan cheese
- 2 tablespoons Panko bread crumbs (or normal breadcrumbs)
- Salt and pepper, to taste
- Fresh chopped parsley, optional

Preheat oven to 400°F and spray a baking sheet with cooking oil spray.

Arrange carrots on sheet. Pour over the olive oil, then add the garlic, parmesan, bread crumbs, salt and pepper.

Toss all ingredients together to completely coat the carrots. Spread out and bake for 20-25 minutes, or until tender. Toss with a spatula half way through.

Remove from oven and serve immediately. Top with fresh parsley if desired.