



**Makes 18 to 24 carrots**  
**Preparation Time: 10 minutes**  
**Cook Time: 40 minutes**

**INGREDIENTS:**

3 lb. small to medium whole  
multicolor carrots, trimmed

2 tablespoons lemon juice

2 tablespoons tahini

2 teaspoons ground cardamom

½ teaspoon ground cinnamon

¼ teaspoon cayenne pepper

½ cup pomegranate seeds

Freshly ground black pepper, to  
taste

## Cardamom Roasted Carrots with Pomegranate Seeds

A feast for the eyes as well as the stomach, these gorgeous jewel-tone carrots are perfect for impressing guests during a [Thanksgiving feast](#). Coated in a warming mixture of cardamom, cinnamon, and cayenne, the colorful veggies get deliciously tender with a slightly crispy skin as they roast to golden perfection in the oven. Leaving the tops on gives the carrots a farm-to-table look that's both aesthetically pleasing and totally edible. Top the finished product with [pomegranate seeds](#) to add bursts of juicy flavor, and you've got a side dish that celebrates all the best flavors of fall.

**Tip:** Try to use carrots that are about the same thickness so they roast evenly. If you need to, cut the fattest carrots lengthwise.

For more [carrot recipes](#), check out these tasty ideas:

- [Carrot Dogs](#)
- [Creamy Carrot Soup](#)
- [Curried Roasted Carrot Hummus](#)
- [Vegan BLTA with Carrot Bacon](#)

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- 1 Preheat oven to 400°F. Line a large rimmed baking sheet with parchment paper or a silicone baking mat. Place carrots on prepared baking sheet. In a small bowl whisk together the next five ingredients (through cayenne pepper) and ¼ cup water. Lightly brush mixture over carrots.
- 2 Roast carrots about 40 minutes or until browned and tender, brushing lemon juice mixture over carrots several times. Transfer to a serving platter. Sprinkle with pomegranate seeds. Season with black pepper.