**ROASTED CARROTS WITH DILL**

**From Tori Avey**

*A little history from Tori Avey:*  
Believe it or not, carrots were not always orange. The Dutch may have cultivated the color we commonly associate with the root vegetable during the 17th century. Orange carrots may have first been cultivated to honor William of Orange, who led the Dutch revolt against the Spanish Habsburgs resulting in the Eighty Years' War. Later, when the Dutch Patriot movement rebelled against the House of Orange, carrots were viewed as a distasteful tribute to the monarchy. Before this time, carrots could be found in a variety of colors, including yellow, purple and white. Thanks to the farmers and gardeners who have worked hard to revitalize heirloom vegetables in recent years, we are once again seeing these vibrantly colored non-orange carrots.

Because of their dose of Vitamin A, carrots also have a reputation for improving eyesight and at one time were even believed to give the power of night vision. The story comes from WWII, when a famed British pilot by the name of John Cunningham became the first person to take down an enemy plane with the help of newly developed radar networks. In an attempt to keep radar towers a secret from Germany, the Royal Air Force claimed that a diet heavy in carrots was responsible for the pilot’s improved vision.

When carrots are roasted with a mixture of kosher salt and dill, something truly magical happens. Their natural sweetness is enhanced by the salt and fresh herbs. Bonus – this delicious and healthy side dish can be made in no time at all. Try laying them out on a platter for a beautiful, rustic presentation.

**Roasted Carrots with Dill**  
**by Tori Avey**

**INGRDDIENTS:**   
1. 2 lbs. whole carrots (I prefer young medium-sized carrots with greens still attached)   
2. 2 tbsp. olive oil  
3. 2 tbsp. freshly chopped dill  
4. Kosher salt and pepper to taste

*You will also need:*Sheet tray, tongs, nonstick cooking oil spray  
*Total Time:* 40 Minutes  
*Servings:* 6

**DIRECTIONS:**   
Preheat oven to 400 degrees F. Clean and remove the tops from the carrots (no need to peel them).

Place the carrots on a greased sheet tray and drizzle with the olive oil. Toss with your hands to make sure they are evenly covered in oil. Sprinkle with kosher salt and pepper.

Roast the carrots for 20 minutes, then remove from the oven and turn the carrots with tongs. Sprinkle with 1 tbsp. freshly chopped dill and roast for an additional 20 minutes.

Remove from the oven, place carrots on a platter. Sprinkle with remaining 1 tbsp. of fresh dill. Serve immediately.

Byline: Tori Avey is a food writer, recipe developer and the creator of [**ToriAvey.com**](http://toriavey.com/) where she authors two popular cooking blogs: [**The Shiksa in the Kitchen**](http://toriavey.com/toris-kitchen/) and [**The History Kitchen**](http://toriavey.com/history-kitchen/). Find her on [Facebook](http://facebook.com/toriavey), [Twitter](http://twitter.com/toriavey), [Pinterest](http://pinterest.com/toriavey), [Google+](https://plus.google.com/u/0/+ToriAvey/posts) and [Instagram](http://instagram.com/toriavey).