

## *Roasted Carrot Nuggets with Soy Ginger Dipping Sauce*



### Ingredients

2 oz. low sodium soy sauce  
1 clove garlic peeled  
1 tbsp. ginger, peeled and minced or grated.  
1/8 tsp. wasabi powder  
1 tbsp. toasted sesame seeds  
1 tbsp. minced herbs (parsley or cilantro, or chives)  
6 carrots, washed, peeled if not organic  
1 tbsp. oil  
pepper

### Procedure

1. Preheat oven to 350°F.
2. Scrub carrots if keeping the peel on them. Slice at an angle into large ½” thick slices. Toss in oil a sprinkling of pepper.
3. Roast in the oven for 10-15 minutes or until tender, but not mushy.
4. In the bowl of a blender combine the soy sauce, garlic, ginger, and wasabi powder. Puree until smooth.
5. When carrots are done, remove from oven and sprinkle with the sesame seeds, and herbs.
6. Serve with soy ginger dipping sauce.