Roasted Potatoes and Baby Carrots with Garlic

**INGREDIENTS:**
- 3 lbs red potatoes (peeled, 2-inch pieces)
- 6 cups baby carrots
- 5 garlic cloves, minced
- 4.5 cups olive oil
- Salt and black pepper

**DIRECTIONS:**
1. Cut potatoes in to 1 inch (bite size) pieces
2. Dry the veggies well with a paper towel and place in a large bowl.
3. Prepare a large nonstick baking sheet, you can line with foil and spray the foil liberally with cooking spray.
4. In a small bowl combine olive oil, chopped garlic, coarse salt and black pepper; mix well to combine.
5. Pour over the veggies and toss to coat with a wooden spoon
6. Set oven to 400 degrees F. Roast in oven for about 30 minutes or until the potatoes are fork tender, tossing occasionally with a spatula (might take more or less time depending on the size of potatoes).

**Nutrition Wisdom:** Potatoes usually get a bad rap, but if they stay away from the fryer they are naturally low in fat, sodium and cholesterol while providing nutrients we need like potassium, vitamin B6, magnesium and dietary fiber