

Side

Sweet and Spicy Roasted Carrots and Broccoli

Side Effect: Constipation

5 Mins
Prep Time

25 Mins
Cook Time

4
Servings

 **174 Calories** **6g Fat** **26g Carbs** **5g Protein**



Ingredients

 **4 Servings**  **30 Mins Total**  **Allergens: Soy, Gluten**

3 Tbsp Reduced-Sodium Soy Sauce

1 Tbsp Brown Sugar, packed

2 Tsp Sesame Oil (optional)

1 Tsp Rice Vinegar (optional)

1 Tsp Sriracha, or more to taste (omit if spicy foods are bothersome)

16 oz Bag Baby Carrots, **rinsed** 

1 Tbsp Extra Virgin Olive Oil

3 Cloves Garlic, minced 

16 oz Broccoli Florets, **rinsed** & cut into bite-size pieces 

2 Tsp Sesame Seeds (optional)

Allergen Swap

Soy Replace the soy sauce with a soy-free alternative

Gluten Replace the soy sauce with gluten-free alternative

Nourishment Note

Carrots



Root vegetables, such as carrots, contain high amounts of insoluble fiber. Insoluble fiber can help prevent and relieve constipation, a common side effect of anti-cancer medications. Carrots also contain vitamin A important in strengthening the immune system.

Broccoli



Broccoli is a cruciferous vegetable high in insoluble fiber to help prevent constipation. It also helps promote eye health, lung health, liver function, supports bone health, increases healthy cell production, and keeps the immune system working its best.

Garlic



Garlic is an anti-inflammatory and antimicrobial food to help keep cells healthy. Specifically, garlic has been found to keep disease-inducing cells from attacking healthy colon cells.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven

Preheat oven to 425 °F. Lightly coat a baking sheet with non-stick cooking spray.

3. Prepare Sauce

In a small bowl, whisk together soy sauce, brown sugar, sesame oil, rice vinegar, and Sriracha. Set aside.

4. Bake Carrots

Place carrots on baking sheet in a single layer. Drizzle with olive oil and top with garlic. Mix to evenly coat the carrots.

5. Add Broccoli

Bake for 10-15 minutes. Stir in broccoli and continue cooking for another 10-12 minutes, until the vegetables are tender and beginning to turn light brown.

6. Add Sauce & Serve

Remove from oven and transfer to a large bowl, gently stir in sauce mixture to combine. Sprinkle with sesame seeds if desired.

7. Refrigerate

Enjoy vegetable dish within 2 hours. Vegetables will keep in the fridge up for 2 days.

8. Wash Hands

Wash hands with soap and water.

Recipe adapted from damndelicious.net

What You'll Need



Measuring Cups



Measuring Spoons



Cutting Board



Knife



Baking Sheet



Non-Stick Cooking Spray



Mixing Bowls, Small and Medium



Whisk



Mixing Spoon

Fatigue Buster

- Use pre-cut broccoli and carrots to reduce preparation time.
- Ask a family member or friend to help prepare this side dish.