Roasted Carrots and Beets with Herby Yogurt and Pistachios

1 MIN READ

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Roasted root vegetables are a fall favorite side with year-round health benefits. Try this sweet and savory recipe with a bright herby topping.

There’s a reason roasted root vegetables show up on so many longevity plates: carrots and beets are loaded with antioxidants and nitrates that support healthy blood flow, and roasting brings out a natural sweetness that needs almost nothing added to shine. This dish keeps it simple with avocado oil, a touch of honey, and a hit of lemon zest, then finishes with a tangy balsamic glaze and crunchy pistachios for texture.

Underneath it all is a cool, herby yogurt sauce that turns this from a side dish into something substantial enough to anchor a meal. Whip up a batch on your next meal-prep day, and use the extra sauce for roasted veggies, grain bowls, or as a dip all week long.

Why It Works:

Beets support healthy blood pressure and improve blood flow to muscles and the brain, — just part of why beets are popular among endurance athletes and in longevity-focused diets. They’re also great for the gut, heart, immune system, and more.

Carrots are one of the richest dietary sources of beta-carotene, which the body converts to vitamin A and which also acts as an antioxidant. **Cooking carrots** (like roasting, here) actually increases beta-carotene availability compared to eating them

raw, since heat breaks down the plant's cell walls.

Greek yogurt delivers a **concentrated dose of protein**, which helps with satiety and muscle maintenance, both increasingly important as we age. Many varieties also contain live active cultures that support gut microbiome health.

Pistachios stand out among nuts for their combination of protein, fiber, and healthy unsaturated fats, along with **lutein and zeaxanthin, antioxidants** tied to eye health. They also have one of the lower calorie-per-nut counts of any tree nut, making them an easy way to add nutrient density without much excess.

Extra-virgin olive oil is a cornerstone of the Mediterranean diet, rich in monounsaturated fats and polyphenols linked to **reduced inflammation and cardiovascular benefits**. Pairing it with the yogurt sauce here also helps the body absorb the fat-soluble vitamins (like the vitamin A from the carrots) more efficiently.

The Recipe: Roasted Carrots and Beets with Herby Yogurt and Pistachios

Serves 4

- 1/2 lb carrots, cut diagonally into 1-inch pieces
- 1 cup beets, quartered into 1-inch pieces
- 1 tbsp. avocado oil
- 1 tsp. lemon zest
- 2 tsp. honey
- ? tsp. salt

- ¼ tsp. black pepper
- 1 tbsp. balsamic glaze
- 2 tbsp. pistachios, roughly chopped

Lemon dill yogurt sauce:

- ¾ cup plain 0% (fat-free) greek yogurt
- 1 tbsp. olive oil
- Juice of ½ of a lemon
- 2 tbsp. fresh dill, roughly chopped

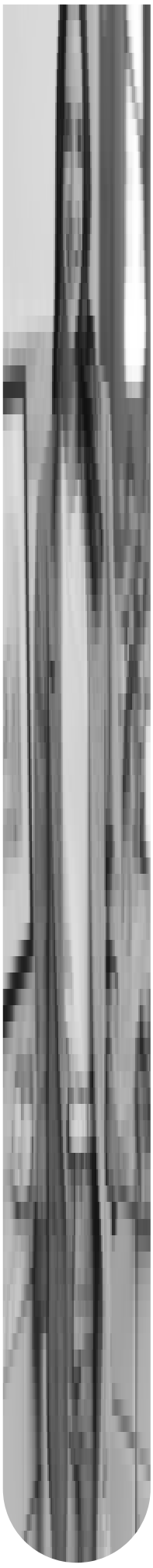
Directions:

1. Preheat the oven to 400 degrees F. Toss the carrots and beets in a bowl with avocado oil. Add to a baking sheet in a single layer and bake for 20-25 minutes, flipping halfway through until fork tender.
2. While the carrots and beets are roasting, mix together the yogurt, olive oil, fresh dill and lemon juice. Spread on a serving plate.
3. Once the carrots are cooked, add to the serving plate and top with beets and balsamic glaze. Garnish with pistachios and more fresh dill. Serve immediately and enjoy.

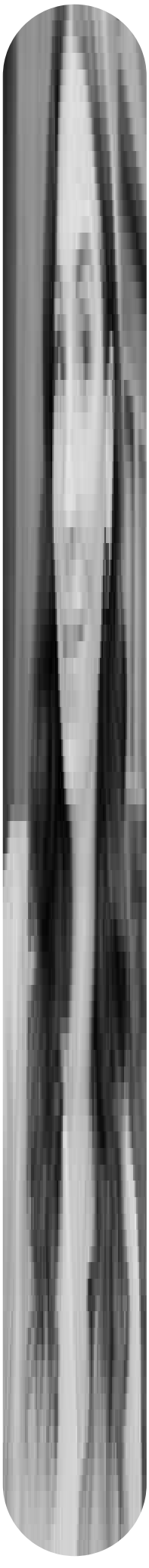
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