

Carla Due, Miller County Extension Agent



Carrot Fries

Source: Cooking with Extension / 90 Calories per 1-cup serving. Total fat 3g; Protein 2g; Total carbohydrate 17g; Dietary fiber 5g, Sodium 410mg.

INGREDIENTS:

- 1 ½ pounds carrots, cut into sticks
- 2 teaspoons olive oil
- ½ teaspoon salt
- 1 tablespoon fresh rosemary, finely chopped
- ½ teaspoon black pepper

DIRECTIONS:

1. Preheat oven to 425°F.
2. Line a shallow baking pan with foil.
3. Place all ingredients in a mixing bowl and stir until the carrots are evenly coated.
4. Arrange the carrots on the foil-lined pan in a single layer.
5. Transfer to the oven and bake until the carrots are tender and lightly browned, about 30 minutes.
6. Serve immediately.