



Crispy Carrot Fries

In the mood for fries? Instead of the potato kind, try these. Carrots are tasty and quite nutritious!

Source: Chop Chop

Servings

6

Ingredients

9 medium carrots

1 1/2 tsp olive or canola oil

3/4 tsp salt

Preparation

1. ⌘ Preheat oven to 400°F.
2. ⌘ Cut carrots into thirds. Cut the thinnest end into two spears. Cut the two thicker parts into four spears each so that you get approximately ten carrot spears from each carrot (depending on the size of carrot).
3. ⌘ Put the spears on the baking sheet, add the oil and salt and, using clean hands, rub the oil and salt on the carrot pieces until they are all lightly coated with oil.
4. ⌘ Transfer the baking sheet to the oven and bake until the carrots are tender and golden brown, about 30 minutes.
5. ⌘ Serve immediately.

Did You Know?

Today carrots come in many colors including purple, black, yellow, orange, red, and white and also range in size from a round 2-inch carrot to a slender 3-foot carrot!



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Carrots



Scarlet Nantes

Dragon

Yellowstone

MONTANA
Harvest
of the month

Carrots



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