

Recipe Name: **Crispy Carrot Fries**

Recipe Source (link to website or attach copy of original): <https://www.chopchopfamily.org/recipe/crispy-carrot-fries/>

Prep Time: **10** Cook Time: **30** Total Time: **40**

Ingredients (suggested 15 items or less):	
1 Pound Whole Carrots	
1 Tablespoon Olive Oil	
1 teaspoon Salt	
Equipment Needed:	
Cutting board	Rimmed baking sheet
Sharp Knife (adult needed)	Measuring spoons
Scrub brush	Pot holders

Servings Size	118g	
Servings per recipe	4	
Calories per serving	80	
Nutrition Information (Enter N/A if data is not available)	Amount (include g or mg)	Daily Value Percentage
Total Fat	3.5g	4%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	660mg	29%
Total Carbohydrate	11g	4%
Dietary Fiber	3g	11%
Total Sugars	5g	
Added Sugars included	0g	0
Protein	1g	
Vitamin D	0mcg	0%
Calcium	38mg	2%
Iron	0mg	0%
Potassium	363mg	8%

Recipe Directions (please number the steps):

1. Turn the oven on and set the heat to 400 degrees.
2. Put the carrots on the cutting board. Cut off a little bit from both ends, then cut each carrot into thirds.
3. Put the spears on the baking sheet, drizzle with the oil, and sprinkle with the salt. Using your clean hands, rub the carrot pieces until they' re lightly coated with oil.
4. Once the oven temperature has reached 400 degrees, carefully put the baking sheet in the oven and bake until the carrots are browned and crispy, 35 to 45 minutes. Serve right away.

Notes (Optional):

Get Creative!

Add 1 or 2 garlic cloves, peeled and finely chopped, to the raw carrots.

Add 1 teaspoon paprika, chili powder, or curry powder to the raw carrots.

Add 2 tablespoons chopped fresh dill or cilantro, basil, or mint leaves to the cooked fries.

Drizzle the fries with 1 teaspoon fresh lemon or lime juice.

Drizzle the fries with 1 tablespoon plain yogurt.

A Healthy Bite Information (nutrition facts or fruit/vegetable storage/handling/safety facts):

Store carrots in a plastic bag in the refrigerator, where they will keep for a week at least.