



Oven-Roasted Carrot Fries

Servings 4 | Prep time 10 mins. | Total time 35 mins.

Equipment:

Large bowl
Baking sheet
Small bowl
Aluminum foil

Utensils:

Knife
Tongs or spatula for flipping
Measuring cups and spoons

Ingredients

For the Carrot Fries:

Non-stick spray
1 pound carrots
2 tablespoons olive oil OR vegetable oil
2 teaspoons paprika
1 teaspoon salt
2 teaspoons black pepper

For the Greek Yogurt Chive Dip:

1 cup plain Greek low-fat yogurt
1 tablespoon lemon juice
2 tablespoons chives OR green onions
1/4 teaspoon black pepper

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Preheat oven to 425 degrees. Place aluminum foil on a large baking sheet. Spray with non-stick spray.
3. Cut carrots into shoestring fries and toss in a large bowl with oil, paprika, salt, and pepper.
4. Place carrot fries on baking sheet in a single layer. Bake for 20-25 minutes, flipping halfway through cooking time.
5. While fries are baking, combine Greek yogurt, lemon juice, chives, and black pepper into small bowl to make dip. Mix thoroughly.

Nutritional Information:

Calories 160 Total Fat 8g Sodium 690mg Total Carbs 14g Protein 8g