



# 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

## Nutritional Information:

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

## 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.