



Oven-Roasted Carrot Fries

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

Equipment: Large Bowl, Baking Sheet, Small Bowl, Aluminum Foil, Measuring Cups and Spoons

Utensils: Knife, Tongs or Flipping Spatula

Ingredients

For the Carrot Fries:

Non-stick spray

1 pound carrots

2 tablespoons olive or vegetable oil

2 teaspoons paprika

1 teaspoon salt

2 teaspoons black pepper

For the Greek Yogurt Chive Dip:

1 cup low-fat plain Greek yogurt

1 tablespoon lemon juice

2 tablespoons chives or green onions

¼ teaspoon black pepper

Instructions

1. Before you begin, wash your hands, surfaces, produce, and utensils.
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 on baking sheet in a single layer. Bake for 20-25 minutes, flipping halfway.
5. While fries are baking, combine Greek yogurt, lemon juice, chives, and pepper into small bowl to make dip. Mix thoroughly.

Nutritional Information:

Calories 160

Total Fat 8g

Sodium 690mg

Total Carbs 14g

Protein 8g