

Roasted Carrot Fries

Nutrition Facts:	
Yield	4
Calories	61
Fat	0.5 g
Sodium	360 mg

Code
\$, Q, V, GF, DF

Ingredients Needed:

1 pound fresh carrots, cut into 1/2 inch sticks
2 tsp. olive oil
1/2 tsp. salt



Recipe Directions:

- Preheat oven to 450 degrees.
- Place carrots on a greased baking pan. Drizzle with oil and sprinkle with salt; toss to coat.
- Bake uncovered for 10-12 minutes or until crisp-tender.