



A Nutrition Resource

CRISPY CARROT FRIES

Yield: 6 Servings

Cost/Serving: \$0.20

Ingredients:

9 medium carrots

1 1/2 tsp olive oil or canola oil

3/4 tsp salt

Directions:

1. Preheat oven to 400°F.
2. Cut carrots into thirds. Cut the thinnest end into two spears. Cut the two thicker parts into four spears each so that you get approximately ten carrot spears from each carrot (depending on the size of the carrot).
3. Put the spears on the baking sheet, add the oil and salt and, using clean hands, rub the oil and salt on the carrot pieces until they're all lightly coated with oil.
4. Transfer the baking sheet to the oven and bake until the carrots are tender and golden brown, about 30 minutes.
5. Serve immediately.

Nutrition Facts

6 servings per container

Serving size (0.0g)

Amount Per Serving

Calories **45**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 350mg **15%**

Total Carbohydrate 9g **3%**

Dietary Fiber 3g **11%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 1g

Vitamin D 0mcg **0%**

Calcium 30mg **2%**

Iron 0.3mg **2%**

Potassium 290mg **6%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: Chop Chop, MT Harvest of the Month

Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter

This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter



MONTANA
STATE UNIVERSITY

EXTENSION