



# Crispy Carrot Fries

Carrots are usually orange, but have you ever seen them in other colors? There are purple, white, red, and yellow varieties too. You can use any color in this recipe, where the natural sugar in the carrots caramelizes to turn the vegetables dark, sweet, and crisp-edged.

HANDS-ON TIME: 10 MINUTES

TOTAL TIME: 40 MINUTES

MAKES: 4 SERVINGS

## KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Scrub brush
- Rimmed baking sheet
- Measuring spoons
- Pot holder

## INGREDIENTS

- 1 pound carrots, scrubbed but not peeled
- 1 tablespoon olive or vegetable oil
- 1 teaspoon kosher salt



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## INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
2. Turn the oven on and set the heat to 400 degrees.
3. Put the carrots on the cutting board and cut them into thirds. Cut the thinnest end into 2 spears. Cut the two thicker parts into 4 spears each so that you get about 10 carrot spears from each carrot.
4. Put the spears on the baking sheet, drizzle with the oil and sprinkle with the salt and, using your clean hands, rub the carrot pieces until they're lightly coated with oil.
5. Once the oven temperature has reached 400 degrees, carefully put the baking sheet in the oven and bake until the carrots are browned and crispy, about 35-45 minutes. Serve right away.

## GET CREATIVE

- Add 1-2 garlic cloves, peeled and finely chopped, to the raw carrots.
- Add 1 teaspoon paprika, chili powder, or curry powder to the raw carrots.
- Add 2 tablespoons chopped fresh dill or cilantro, basil, or mint leaves to the cooked fries.
- Drizzle the fries with 1 teaspoon fresh lemon or lime juice.
- Drizzle the fries with 1 tablespoon plain yogurt.
- Roast the carrots whole!
- Substitute zucchini or parsnips for carrots.

## TIP

Store carrots in a plastic bag in the refrigerator, where they'll keep for a week at least.

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