



Carrot Fries

FLYNTKIDSCOOK

Ingredients

2-3 Carrots
Cooking Spray
Salt and Pepper

Supplies & Equipment

- Vegetable peeler
- Knife
- Cutting board
- Baking sheet
- Oven mitts



*Recipe from eatright.org

Directions

1. Preheat the oven to 400°F.
2. Wash, peel, and trim off the ends of the carrots.
3. Slice the carrots into strips that are 1/4 inch thick and a few inches long.
4. Coat the baking sheet in cooking spray and arrange the carrots so they are not touching. Spray some cooking spray onto carrots and sprinkle with a pinch of salt and pepper.
5. Bake carrots for 15 minutes. Remove from oven, flip carrots over, and coat with more cooking spray and salt and pepper. Bake an additional 15 minutes, until the edges begin to brown.
6. Enjoy!