

## Carrot Fries

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*Fries made from potatoes are so overrated. Mix things up and give this recipe a try, switching out your potato for some carrots. Not only do these fries look amazing with a bright orange color, but they taste great too! Add your favorite dipping sauce once ready for a little more extra flavor.*

**Yield:** 4 servings

Serving size: about 15 fries

### Ingredients:

- 1-pound medium **carrots**
- ½ tablespoon **olive oil**
- 1 teaspoon of **cornstarch**
- 1 teaspoon **smoked paprika**
- ½ teaspoon **cumin**
- ½ teaspoon **salt**
- ¼ teaspoon **black pepper**

### Instructions:

1. Preheat oven to 425°F. Cut carrots into thin, “fry shaped” sticks and place in a large bowl. Add oil, cornstarch, smoked paprika, cumin, salt, and pepper and stir well to evenly coat the carrots.
2. Place on a prepared baking sheet in a single layer. Bake for about 20 minutes, flipping halfway through. Carrots are done when they’ve developed a caramel color. Serve warm with dip.

**Per Serving:** Calories 62, Protein 1.1 g, Saturated Fat 0.3g, Sodium 219.9 mg, Fiber 3.3 g, Sugars 5.1 g

This recipe was adapted from <https://hostthetoast.com/crispy-baked-carrot-fries/>