



Give this great recipe a try!
Baked Carrot Fries

Carrots are Low in Saturated Fat and Cholesterol & high in Dietary Fiber, Vitamin A, Vitamin C, Vitamin K. Look for bagged carrot sticks in your local market produce department. Make a great snack or the occasional, dare we say it, substitute for Fries!

Ingredients:

- 3 cups carrots sticks
- 2 tbsp canola oil
- Pinch of granulated garlic & black pepper
- ½ teaspoon salt

Preparation:

1. Toss the carrot sticks, available in most supermarkets, with the oil & seasonings in a bowl.
2. Bake at 350 degrees for 8 – 10 minutes, until lightly colored & cooked through.

Makes about 5, ½ cup servings

