

# CARROT FRIES

## INGREDIENTS

- 1 pound of carrots
- Cooking spray
- Salt and pepper to taste

## DIRECTIONS

1. Preheat oven to 400°F.
2. Peel the carrots and cut them into strips about ¼-inch thick and a few inches long.
3. Coat a baking pan with cooking spray and spread the carrots onto it. Sprinkle with salt and pepper.
4. Bake 15 minutes. Flip them over and coat them with a bit more cooking spray, salt and pepper; bake another 15 minutes until lightly browned.

## NUTRITION INFORMATION

Serving: ¼ recipe | Calories: 45 | Carbohydrates: 11g | Protein: 1g | Fat: 0g |  
Saturated Fat: 0g | Protein: 1g | Potassium: 210mg | Sodium: 370mg | Fiber: 3g