

# Crispy Carrot Fries

- 1 pound carrots scrubbed but not peeled
- 1 tablespoon olive or vegetable oil
- ½ teaspoon kosher salt

**Turn** the oven on to 400 degrees F. **Wash** hands with soap and warm water, **scrubbing** for at least 20 seconds. **Rinse** carrots under cool running water and scrub with a clean vegetable brush to remove any dirt before chopping. **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 you get about 10 carrot fries from each carrot. **Place** the spears on a baking sheet. **Drizzle** with oil. **Sprinkle** with salt. With clean hands, **rub** the carrot pieces until they're lightly coated with oil. **Put** the baking sheet in the oven and bake until carrots are browned and crispy, about 35 to 40 minutes. **Serve** right away. **Refrigerate** leftovers.

**Yield:** 4 servings. **Serving size:** ¼ cup. **Nutrition Analysis:** 70 calories, 3.5g total fat, 0g saturated fat, 0mg cholesterol, 280mg sodium, 13g total carbohydrate, 3g fiber, 6g total sugars, 0g added sugars, 1g protein, 0% DV vitamin D, 4% DV calcium, 2% DV iron, 8% DV potassium.



# Kentucky Carrots

**SEASON:** June through early August

**NUTRITION FACTS:** Carrots are an excellent source of vitamin A, which is important for growth and development, immune function, red blood cell formation, skin and bone formation, and vision.

**SELECTION:** Choose well-shaped, smooth, firm, crisp carrots with deep color and fresh, green tops. Avoid carrots that are soft, wilted, or split.

**STORAGE:** Refrigerate carrots in a plastic bag with tops removed for up to 2 weeks.

**PREPARATION:** Rinse and remove ends, peel if desired. Eat carrots raw or cooked. Use raw in salads, with dips, or plain as a snack. To cook whole or cut carrots, steam, boil, microwave, roast, or add to stir-fries, soups, stews, and casseroles.

## Kentucky Proud Project

County Extension Agents  
for Family and Consumer Sciences

University of Kentucky, Dietetics  
and Human Nutrition

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Look for the Kentucky Proud label at your grocery store, farmers' market, or roadside stand.  
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