

December: Carrot Fries

Ingredients:

1 pound carrots, peeled and cut into thin sticks
1½ Tablespoons vegetable oil
¼ teaspoon salt
¼ teaspoon ground oregano
black pepper to taste
1-2 cloves chopped raw garlic

Directions:

Preheat oven to 400 degrees.

Toss carrots with all a combination of the other ingredients: oil, butter, salt, oregano, pepper, and garlic.

Roast at 400 degrees on a parchment-covered baking sheet, stirring twice during cooking, approximately 15 minutes until tender but not mushy.

Serve with your favorite dipping sauce, or just enjoy the sweet caramelized flavors without added calories!

Notes: When you roast carrots, as well as other root vegetables, the natural sweetness of the vegetable is intensified through caramelization, or cooking for a short time at high heat. Trying a different vegetable "French fry" can be an eye-opening experience for children. These carrot fries are so flavorful a dipping sauce is not needed. Try them without dipping sauces first, to allow your children to taste the fresh, caramelized vegetable in all it's glory!



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