



## Grin 'n Carrot Fries



[Click here for a video demo](#) !

1/2 of recipe: 116 calories, 1g total fat (0g sat. fat), 428mg sodium, 27g carbs, 8g fiber, 13g sugars, 2.5g protein



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### Ingredients

1 1/2 lbs. peeled carrots (about 8 large carrots)  
1/4 tsp. coarse salt, or more to taste

### Directions

Preheat oven to 425 degrees. Spray 2 baking sheets with nonstick spray.

Cut carrots into French-fry-shaped spears. Lay them on the sheets, evenly spaced, and sprinkle with salt.

Bake for 15 minutes.

Flip spears. Bake until tender on the inside and slightly crispy on the outside, about 15 more minutes. (The thicker the fries, the longer the cook time.)

MAKES 2 SERVINGS

**Air Fryer Alternative!** Set air fryer to 392 degrees. Working in batches as needed, cook about 12 minutes each, shaking the basket halfway through.

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