Carrot Fries

Serving Size: 4

Ingredients:

12 Whole Carrots
1/2 tsp Sea Salt
1/4 Cup Extra Virgin Olive Oil
1 Tbsp Fresh Parsley Chopped

Instructions:

1. Preheat oven to 375°F.
2. Wash and peel carrots. Remove stems and cut into sticks.
3. Place on cooking tray and drizzle with olive oil. Toss to coat evenly.
4. Sprinkle with sea salt and parsley, then and toss once more.
5. Bake for 20-25 minutes until light brown. Remove from oven and serve immediately with any side dressing desired.
6. Enjoy!