

## INGREDIENTS

- 1 lb. carrots, peeled
- 2 tsp. olive oil
- 1/2 tsp. garlic seasoning

## PROCEDURE

- Cut carrots into 1/4 inch wide fries.
- Toss carrot fries in a large bowl with oil and garlic seasoning until well coated.
- Add the fries to Air Fryer and cook on the highest temperature for 10 minutes. Remove basket and give a quick shake.
- Cook an additional 5-10 minutes, or until crispy and tender on the inside.

# carrot fries

4 SERVINGS 25 MIN



Adapted from: [thecreativebite.com](http://thecreativebite.com)



This institution is an equal opportunity provider. This material was funded in part by SNAP.

## INGREDIENTS

- 1 lb. carrots, peeled
- 2 tsp. olive oil
- 1/2 tsp. garlic seasoning

## PROCEDURE

- Cut carrots into 1/4 inch wide fries.
- Toss carrot fries in a large bowl with oil and garlic seasoning until well coated.
- Add the fries to Air Fryer and cook on the highest temperature for 10 minutes. Remove basket and give a quick shake.
- Cook an additional 5-10 minutes, or until crispy and tender on the inside.

# carrot fries

4 SERVINGS 25 MIN



Adapted from: [thecreativebite.com](http://thecreativebite.com)



This institution is an equal opportunity provider. This material was funded in part by SNAP.