

# Carrot Fries

BY **MILTON PUBLIC SCHOOLS**

These are simply roasted carrots but a twist in the name can make all the difference!

- 20 pounds carrots, peeled and cut into thin sticks
- ½ cup vegetable oil
- 4 teaspoons salt
- 3 teaspoons ground oregano
- 2 teaspoons black pepper
- 4 teaspoons chopped raw garlic

**YIELD: 100 SERVINGS (K-5) \* SERVING SIZE: ½ CUP**

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

Roast on a parchment-covered baking sheet, not more than 10 pounds to a sheet (two layers or so), stirring twice during cooking, until tender but not mushy.

Convection oven: 350°F about 15 minutes

Conventional oven: 400°F about 20 minutes

## **NUTRITIONAL INFORMATION**

CALORIES: 47; SODIUM: 156.94 MG; SATURATED FAT: 3.46%

## **USDA REQUIREMENTS MET**

½ CUP RED OR ORANGE VEGETABLE