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–S) * 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