

Parmesan Carrot Fries with Tangy Dipping Sauce

3 servings

Ingredients

Carrot Fries

- 3 large carrots, peeled, ends cut off
- 3 tbsp olive oil
- ¼ cup grated parmesan cheese
- 2 tbsp garlic powder
- 2 tsp dried parsley
- ½ tsp salt
- ¼ tsp pepper

Yogurt Sauce

- 4 tbsp plain Greek yogurt
- 2 tbsp lemon juice
- 1 tsp garlic powder
- 1 tsp black pepper

Instructions

1. Preheat oven to 400 degrees.
2. Cut carrots lengthwise into "fries".
3. Next, mix olive oil, parmesan, garlic powder, parsley, salt, and pepper in a medium bowl. Add carrots and toss to coat.
4. Place carrots on baking sheet and bake for 15-20 minutes until carrots are soft and starting to get slightly crispy. Turn carrots over halfway through baking.
5. While carrots are baking, mix Greek yogurt with lemon juice, garlic powder, and black pepper to make the dipping sauce.
6. When carrots have finished baking, let cool slightly and serve with dipping sauce.

Nutrition Facts:

Calories: 220, Sodium: 400mg, Total Carbohydrates: 15g, Dietary Fiber: 3g, Protein: 7g, Calcium: 140mg