



Parmesan Rosemary Carrot Fries

 110 calories, 7 grams (g) fat, 3 g protein, 10 g carbohydrate, 2 g fiber and 290 milligrams sodium.

 Bake Time: 15 to 20 minutes

DIRECTIONS:

INGREDIENTS:

- 3 to 4 large carrots, peeled
- 3 tablespoons olive oil
- ¼ cup grated Parmesan cheese
- 1 tablespoon garlic powder
- Leaves from 4 sprigs of fresh rosemary, chopped
- ¼ teaspoon salt
- ¼ teaspoon pepper



Peel carrots.



Cut the carrots lengthwise to resemble french fries.



Coat carrots in olive oil.



Mix in Parmesan, garlic powder, rosemary, salt and pepper in medium bowl.



Place carrots on a parchment paper lined baking sheet.



Bake for 15 to 20 minutes at 400 F. Turn carrots over halfway through baking.