

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## **Baked Carrot Fries**



1 pound of raw, organic, carrots (8-10 medium)

2 Tbls. olive oil

2 teas. finely chopped fresh parsley, rosemary, thyme or herb of your choice

1/2 teas. sea salt

Black pepper to taste

Preheat oven to 425 degrees and line a cookie sheet with parchment paper. Peel and remove the ends of each carrot. Cut each of the carrots lengthwise into 8 long slices. In a large mixing bowl combine the sliced carrots, olive oil, herb, salt and pepper. Stir until the carrots are evenly coated and dump onto the lined cookie sheet. Spread out the carrots evenly and bake for approximately 20 minutes or until the carrots are tender and slightly browned. Serve as a side to veggie burgers or as an after school snack.