

PARMESAN GARLIC ROASTED CARROTS WITH SRIRACHA MAYO

Ingredients:

- 4 cups (1-2 pounds) carrots
- 3 tbsp olive/canola oil
- ¾ cup parmesan cheese, shredded
- 1 tbsp garlic powder
- 1 ½ tbsp dried parsley
- 1 tsp black pepper
- 1 tsp, salt to taste

Mayo Ingredients:

- 1 cup mayo
- 2 tsp lemon juice
- ¼ tsp garlic powder
- 1 tbsp Sriracha sauce
- 1 tsp salt

Robbinsdale Nutrition Services

Instructions:



2. Slice the top and bottom off carrots then slice them in half, slice each half into thirds lengthwise.

3. In a large bowl, mix oil and dry ingredients with carrot sticks. Toss to combine.

4. Spread on a parchment-lined baking sheet.

5. Bake for 15-20 minutes (depending on how crispy you want them).

6. Remove from oven and sprinkle with grated parmesan cheese. Cheese will melt on hot fries.

7. For the mayo: Mix all ingredients in a bowl and whisk to combine.