



Crispy Carrot Fries



Carrots are chock-full of vitamins and crunchy sweetness. They make for a nutritious snack, a wonderful side dish, or a tasty ingredient in hearty stews and casseroles. This month, we explore using carrots as a healthier version of French fries—a nice addition to any fall meal.

Deval Patrick
Governor of Massachusetts



In the mood for fries? Instead of the French kind, try these. Carrots are tasty, sweet, and oh, so good for you! Plus, root vegetables are great to eat in the colder months, since they store well.

MY PLATE: VEGETABLES | ADULT: YES | HANDS-ON TIME: 10 MINUTES | TOTAL TIME: 40 MINUTES | MAKES: 4 SERVINGS

WASH your hands with soap and water and dry them.

CLEAN the counter top with a sponge.

GATHER all your kitchen gear and ingredients and put them on the counter.

SCRUB all the fruits and vegetables and lay them out on a dishtowel to dry.

PREPARE your ingredients, which means you may have to do something before you get started with the instructions.

KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Measuring spoons
- Rimmed baking sheet
- Pot holder

INGREDIENTS

- 6 carrots (about 1 pound), scrubbed well but not peeled
- 1 teaspoon olive or canola oil
- ½ teaspoon salt

INSTRUCTIONS

1. Turn the oven on to BAKE and set it to 400 degrees.
2. Put the carrots on the cutting board and cut them into thirds. Cut the thinnest end lengthwise into 2 spears. Cut the 2 thicker parts lengthwise into 4 spears each so that you get 10 carrot spears from each carrot.
3. Put the spears on the baking sheet, add the oil and salt and, using your clean hands, rub the oil and salt on the carrot pieces until all the spears are lightly coated with oil.
4. Transfer the baking sheet to the oven and bake until the carrots are tender and golden brown, about 30 minutes. Serve right away.

Safety Tip Get an adult's permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

CARROTS
ARE USUALLY
ORANGE,
BUT HAVE YOU
EVER SEEN THEM
IN OTHER COLORS?
THERE ARE
PURPLE, RED,
WHITE, AND
YELLOW
VARIETIES TOO.

DID YOU KNOW?



Carrots were originally cultivated for their **aromatic leaves and seeds**, not their roots.

It's a myth that eating carrots will enable you to see in the dark—but it's true that the **vitamin A** we get from carrots improves our eyesight, including our night vision!

In The Looney Tunes Show, **Bugs Bunny** made his fortune by inventing the carrot peeler.

By the numbers:

Massachusetts has **99** farms growing **80** acres of carrots for a total of **712,000** pounds of the sweet orange roots! What's up, doc? A whole lot of carrots, that's what.

The heaviest carrot ever recorded was almost **19** pounds!

9 carrots have as much calcium as **1** glass of milk.

It takes about **70** days for a carrot to grow from a seed to a root ready for harvest.



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