April 2022

Parmesan Rosemary Carrot Fries

Servings: 3 Serving Size: ½ cup

Ingredients

4 large carrots, peeled

1 Tbsp. olive oil

1/8 tsp. black pepper

1/2 tsp. dried rosemary

2 Tbsp. grated parmesan cheese

Directions

- 1. Wash hands with warm water and soap.
- 2. Preheat oven to 400°F.
- 3. Rinse carrots under running water and peel.
- 4. Cut carrots in half and then cut into strips to resemble the shape of French fries.
- 5. Place carrots in a bowl and add olive oil, black pepper, and dried rosemary. Mix to coat evenly.
- 6. Place carrots on a greased baking sheet.
- 7. Bake for 15-20 minutes, or until carrots become slightly crispy. Turn carrots over halfway through baking.
- 8. Toss with parmesan cheese and enjoy!

Tasty Tip: Experiment with other flavors and try this recipe using different herbs and spices!

Recipe Adapted From: https://web.uri.edu/community-nutrition/cheesy-carrot-fries/ and https://www.ndsu.edu/agriculture/extension/recipes/parmesan-rosemary-carrot-fries

For any questions or comments, contact UNH Extension, **Nutrition Connections** at 603-255-3556 or CE.Nutrition.Connections@unh.edu

Nutrition Facts 3 servings per container 1/2 Cup (104g) Serving size Amount per serving Calories Total Fat 6g Saturated Fat 1g Trans Fat 0g 2% Cholesterol 5mg Sodium 125mg 5% 4% Total Carbohydrate 10g Dietary Fiber 3g 11% Total Sugars 5g Includes 0g Added Sugars Protein 2g Vitamin D 0mcg 0% Calcium 63mg 4% Iron 0mg 0% Potassium 316mg *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Note: Label does not include the oil used to grease baking sheet.

Greetings from UNH Extension, Nutrition Connections!

As we enter a new season, many of us may be excited about new growth – both in the natural world around us and with any personal goals we may have. If you're looking for a tasty way to eat more vegetables, we have you covered with this month's recipe!







Do you have SNAP/EBT?

Here's how you can purchase **more fruits and vegetables** with your benefits!

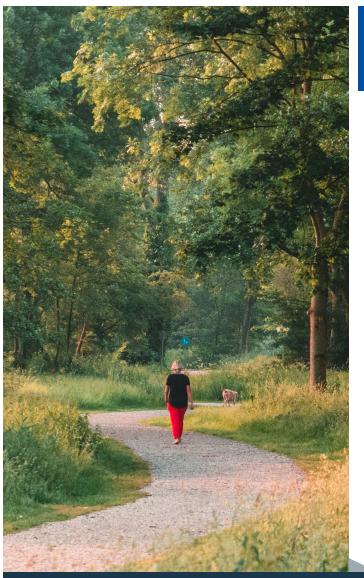
Granite State Market Match:

This program **doubles** SNAP/EBT benefits for fruits and vegetables at participating NH farmers' markets and farm stands! Ask your local market if they offer this program!

Double Up Food Bucks: This program provides a 50% discount on fresh fruits and vegetables when using SNAP/EBT at participating stores across NH!

Use your SNAP/EBT to purchase seeds and/or seedlings for food-producing plants for your own garden!

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Walk With EaseSM

Walk With Ease, a free program of the Arthritis Foundation, is for anyone looking to begin or increase their movement or physical activity.

Over the course of 6 weeks, you'll be provided with interactive lesson videos, a free guidebook, weekly virtual meetings and resources to help guide your self-directed walking program.

This program is proven to:

- Reduce pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Improve overall health

Virtual Meeting Sessions

Register
bit.ly/UNHExt-WalkwithEase





- Go at your own pace
- Use any device this program can be done from anywhere!
- New classes starting monthly

Contact Us!





For persons with disabilities requiring special accommodations, please contact Rebecca Betts 603-679-9447

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