



# 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](mailto:CE.Nutrition.Connections@unh.edu)

## Nutrition Facts

3 servings per container	
<b>Serving size</b>	<b>1/2 Cup (104g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 125mg	5%
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 63mg	4%
Iron 0mg	0%
Potassium 316mg	6%

*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!

# Walk With Ease<sup>SM</sup>

**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

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

## Contact Us!

**Register**

[bit.ly/UNHExt-WalkwithEase](https://bit.ly/UNHExt-WalkwithEase)



**Extension**  
Nutrition Connections



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

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