

Parmesan Roasted Carrot Fries

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Ingredients

- 2 pounds of carrots, peeled and sliced into $\frac{1}{4}$ inch thick “fries”
- 1 tablespoon oil
- Salt and pepper to taste
- $\frac{1}{2}$ cup parmigiano reggiano (parmesan cheese), grated

Instructions

1. Gently toss the carrot fries in the oil, salt and pepper, sprinkle on the cheese and mix to coat before spreading them in a single layer on a silicon mat or parchment paper lined baking sheet.
2. Roast in a preheated 425F oven until tender and lightly charred, about 16-20 minutes, mixing half way through.