

Carrot Fries

Oh, carrots! You have been so loyal to us all these years, yet are continually upstaged by the likes of Brussels sprouts and kale. It's high time carrots have their moment, rather than continually carrying the supporting role. What's not to love about carrots? They are available year round, ridiculous affordable, hold well in the fridge, and when not the featured dish, carrots are the perfect addition to soups, curries and salads.

So, here you go now: carrots, up front and center with a fun and tasty twist. These fries absolutely deserve the spotlight as a treat for all ages and certainly a one of kind take-along dish to your next gathering of friends or family.

Ingredients (carrot fries)

- 8 large carrots
- 1 Tablespoon avocado oil
- 1 teaspoon garlic powder
- salt and pepper, to taste
- fresh cilantro, optional

Ingredients (curry dipping sauce)

- $\frac{1}{2}$ cup raw cashews, soaked
- $1\frac{1}{2}$ Tablespoons red curry paste
- 1 Tablespoon coconut aminos
- 2 Tablespoons lime juice
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon red pepper flakes
- $\frac{1}{2}$ teaspoon ginger
- $\frac{1}{4}$ cup water

Directions

1. Soak cashews the night before. Place in a small bowl and cover with water. Set aside. If you forget to soak them, add them to hot water while the carrots cook.
2. Preheat oven to 375 F.
3. Cut carrots in matchsticks. Place in a large bowl and mix with avocado oil, garlic powder, salt, and pepper. Place on two parchment lined baking sheets, spreading out evenly. Make sure they are not too close together.
4. Bake for 20 minutes, stir/rotate, and bake for another 15 minutes.
5. While the carrot fries bake, make the sauce. Place all ingredients into a blender and blend until smooth.
6. Once carrots are done, sprinkle with fresh cilantro.

Enjoy!

Adapted from Eat the Gains

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