



Grin 'n Carrot Fries



[Click here for a video demo](#) !

1/2 of recipe: 116 calories, 1g total fat (0g sat fat), 428mg sodium, 27g carbs, 8g fiber, 13g sugars, 2.5g protein

Green Plan [SmartPoints](#)® value 0*

Blue Plan (Freestyle™) [SmartPoints](#)® value 0*

Purple Plan [SmartPoints](#)® value 0*



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#)

Ingredients

1 1/2 lbs. peeled carrots (about 8 large carrots)
1/4 tsp. coarse salt, or more to taste

Directions

Preheat oven to 425 degrees. Spray 2 baking sheets with nonstick spray.

Cut carrots into French-fry-shaped spears. Lay them on the sheets, evenly spaced, and sprinkle with salt.

Bake for 15 minutes.

Flip spears. Bake until tender on the inside and slightly crispy on the outside, about 15 more minutes. (The thicker the fries, the longer the cook time.)

MAKES 2 SERVINGS

Air Fryer Alternative! Set air fryer to 392 degrees. Working in batches as needed, cook about 12 minutes each, shaking the basket halfway through.

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.