



Crispy Parmesan Carrots



1/2 of recipe (about 1 cup): 163 calories, 9.5g total fat (2.5g sat. fat), 428mg sodium, 15g carbs, 5g fiber, 8.5g sugars, 5g protein

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Prep: 5 minutes **Cook:** 15 minutes



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Ingredients

2 tbsp. grated Parmesan cheese
1 tbsp. olive oil
1/4 tsp. chili powder
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/8 tsp. smoked paprika
1/8 tsp. salt
2 cups (about 12 oz.) baby carrots, halved lengthwise

Directions

In a large bowl, combine all ingredients except carrots. Mix well. Add halved carrots, and toss to coat.

Spray an [air fryer](#) with non-aerosol nonstick spray. (Or use a liner [like this one](#).)

Place carrots in the air fryer. Set air fryer to 380°F (or the nearest degree). Cook until tender on the inside and lightly browned and crispy on the outside, about 12 minutes, flipping halfway through if needed.

MAKES 2 SERVINGS

Oven Alternative: Bake at 400°F for 23-25 minutes, until tender on the inside and lightly browned and crispy on the outside.

It's so simple... Watch & see! [Click for the video now.](#)

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