



## Fajita Carrot Fries



1/2 of recipe (about 3/4 cup): 130 calories, 7g total fat (1g sat. fat), 391mg sodium, 16g carbs, 5g fiber, 8g sugars, 1g protein

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**Prep:** 10 minutes    **Cook:** 20 minutes



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### Ingredients

1 tbsp. [olive oil](#)  
1 tbsp. [fajita seasoning](#)  
12 oz. (about 4 large) carrots, peeled and cut into fry-shaped spears  
Optional dips: light sour cream, salsa

### Directions

In a large bowl, combine oil with seasoning. Mix well. Add 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 390°F. Cook until tender, lightly browned, and crispy, 16–18 minutes, flipping halfway through.

MAKES 2 SERVINGS

**Oven Alternative:** Bake at 425°F. Cook until tender, lightly browned, and crispy, flipping halfway through.

**HG FYI:** Not all fajita seasonings are gluten free, so read labels carefully if that's a concern.

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