

Edible Perspective

3.9.14

Roasted Carrot Fries with Garlic Basil Ketchup gluten-free, vegan // yields 2-3 servings

- 6 large carrots
- 2 teaspoons safflower oil, *or other high-heat oil*
- salt and pepper
- 1 teaspoon oil
- 2 cloves garlic, *minced*
- 1/2 cup ketchup
- 2 tablespoons chopped basil
- black pepper

Preheat your oven to 400* F.

Peel and trim ends from carrots. Chop each carrot into 3-4 inch segments. Quarter the segments. If the ends of one or more of your carrots is very thin you may just want to halve it. Aim for fairly uniform pieces.

Toss with oil and salt + pepper and spread in an even layer on a baking sheet. Roast for 20 minutes, then flip and roast for another 10-20 minutes until golden brown and tender with crisp edges [time will depend on thickness].

While roasting the carrots heat a small pan with 1 teaspoon of oil over medium-low/low heat. Once hot place the garlic in the pan and stir constantly for about 3-5 minutes until light brown in color. *If it starts turning brown right away the pan is too hot.* Place the garlic on a doubled over paper towel on top of a plate to drain the oil. Let cool.

Mix half of the garlic with the ketchup, basil, and a big pinch of black pepper. Let sit in the fridge while carrots finish roasting.

Toss carrots with remaining garlic and place in the oven for 1 more minute [no longer or it will burn]. Remove from the oven and serve with ketchup.

notes: The garlic addition is optional but tasty. Highly recommend at least adding it to the ketchup.