Ingredients

Carrots
- 1 pound of whole carrots, scrubbed, but not peeled
- 1 Tablespoon olive oil
- 1 teaspoon spicy seasoning blend (or make the spice blend recipe below)

Yogurt Dill Dipping Sauce
- 1 cup plain, non-fat yogurt
- 1 teaspoon lemon juice
- 1 garlic clove, minced
- ¼ cup fresh dill, chopped
- Salt and white pepper to taste (about ¼ teaspoon each)

Spice blend
- ¼ teaspoon paprika
- ¼ teaspoon thyme
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon cumin
- ¼ teaspoon cayenne pepper
- ¼ teaspoon white pepper

Carrot Fries and Yogurt Dill Dipping Sauce

Directions
8. Preheat oven to 425 degrees F.
9. Cut carrots into french fry-sized pieces. This will vary depending upon the size of the carrots. Generally, cut carrot in half and then cut each section into 4 pieces so that each carrot yields 8 “fries.”
10. Combine olive oil and spice mixture.
11. Pour olive oil mixture over carrots and toss to thoroughly coat, using fingers to ensure that all sides of each carrot are coated.
12. Place carrots on a baking sheet lined with parchment paper or coated with cooking spray.
13. Roast carrots for 30-40 minutes or until desired crispiness. Turn carrots at 20 minutes and then check periodically until done. Roasting time will vary depending upon the thickness of the carrots.
14. Remove carrots from oven and serve immediately with yogurt dill dipping sauce.

Yogurt Dill Dipping Sauce
1. Combine ingredients in a small bowl and keep refrigerated until serving time.

Spoon the mixture into the muffin tins and bake until the top is golden and it springs back when gently touched, about 20-25 minutes.