



Serves: 4

Prep Time: 10 minutes

Cook Time: 25 minutes

Carrot Fries

- 6 large rainbow carrots
- 2 tablespoons avocado oil
- 2 tablespoons tapioca flour
- 1 teaspoon garlic powder
- $\frac{1}{2}$ teaspoon ground coriander
- $\frac{1}{2}$ teaspoon ground sage
- 1 teaspoon sea salt
- $\frac{1}{4}$ teaspoon black pepper

Pesto

- 1 cup pine nuts
- 2 cups chopped fresh basil leaves
- 1 tablespoon pressed garlic
- $\frac{1}{4}$ cup extra virgin olive oil
- 1 $\frac{1}{2}$ teaspoons grated lemon zest
- 2 tablespoons lemon juice
- $\frac{1}{2}$ teaspoon onion powder
- $\frac{1}{4}$ teaspoon sea salt
- $\frac{1}{2}$ teaspoon freshly grated black pepper

Crispy Carrot Fries with Pesto

Believe it or not, you can make delightfully crispy fries without any frying at all. A dusting of tapioca flour and spices creates a light, flavorful coating for these irresistible multicolored fries. To serve alongside, pine nuts, basil, and fresh lemon blend into a delicious, zesty, dairy-free pesto that is perfect for dipping. This dish is such a crowd pleaser you may want to double it!

1. Preheat the oven to 425°F.
2. For the fries: Make sure the carrots are very dry before cutting into fries. Trim the tops and ends and cut each carrot lengthwise in half. Cut those pieces in half crosswise, then cut the wedges into thirds to create fry-size sticks. Toss the carrot fries with the avocado oil in a large bowl, using hands to thoroughly coat.
3. In a small bowl, combine the tapioca flour, garlic powder, coriander, sage, salt, and pepper and stir well. Pour the tapioca mixture over carrots and use hands to toss thoroughly until all the flour has been absorbed by the oil.
4. Arrange the carrots on two baking sheets, making sure they are evenly spaced and not touching at all. Bake for 12 minutes. Flip the fries, rotate the pans between the top and bottom racks of the oven. Bake for another 12 to 15 minutes, until the fries are lightly browned and crispy.
5. For the pesto: While the fries bake, toast the pine nuts: Heat a medium sauté pan over medium-high heat. Add the pine nuts and toast, stirring frequently, until fragrant and golden, about 3 minutes. Remove from the heat.
6. Combine the pine nuts, basil, garlic, olive oil, lemon zest and juice, onion powder, salt, and pepper in a food processor and blend well.
7. Serve the carrot fries fresh out of the oven with the pesto for dipping.