

Marinated Carrot Sticks

Mrs John Ogle

St Timothy's - Hale Schools - Raleigh, NC - 1976

*8 small carrots
3 tablespoons oil
3/4 teaspoon salt
3 tablespoons vinegar
1 small garlic clove,
crushed
1 teaspoon fresh parsley,
minced*

Peel the carrots. Cut into thin strips. Place the strips in a shallow dish.

In a bowl, combine the oil, salt, vinegar and garlic. Pour over the carrot sticks.

Cover and marinate overnight.

Drain and sprinkle with parsley. Serve.

Per Serving (excluding unknown items): 620 Calories; 42g Fat (58.0% calories from fat); 6g Protein; 62g Carbohydrate; 17g Dietary Fiber; 0mg Cholesterol; 1802mg Sodium. Exchanges: 1 1/2 Vegetable; 8 Fat; 0 Other Carbohydrates.