

SHOESTRING AIR-FRIED CARROTS

(adapted from Food TV The Kitchen)

1 bag (10 ounces) of julienned carrots
1 tablespoon olive oil
salt and pepper to taste
apple cider vinegar in a spray bottle
1 teaspoon orange zest

In a medium bowl, mix the carrots with the olive oil, coating them lightly. Try to coat all pieces of carrots. Season with salt and pepper.

Place the carrots in the air-fryer set at 390F. Cook for 13 to 16 minutes, mixing them around every few minutes.

Remove when they start to get nicely brown, watch them closely because pieces might get too dark very quickly. Transfer them to a serving bowl, add orange zest, spray a little apple cider vinegar, adjust seasoning with more salt and pepper if needed. Serve right away.