

## Marinated Carrots

These are uncooked carrots. Something to satisfy your crunchy/salty cravings.

### Ingredients

1 pound bag of carrots (NOT baby carrots)  
3 Tbl vinegar (cider or red wine)  
1 tsp salt  
1 tsp minced garlic  
1 tsp light oil - Canola or Safflower (NOT olive oil)  
sprinkle of parsley

### Directions

Peel entire bag of carrots and cut into strips (sticks)  
Place in a large zip-top bag.  
Combine all ingredients in bag with carrots.  
Seal bag and mix thoroughly.  
Refrigerate at least a couple of hours.

\*It may seem like there isn't enough marinade, but the carrots will give off some juice and there will be plenty.

Enjoy!