

Air Fryer Carrot Fries

Makes 4 servings



Ingredients

- 4 ½ teaspoons corn starch
- 1 ½ teaspoons cinnamon
- 1 teaspoon ginger
- ½ teaspoon onion powder
- ¼ teaspoon ground black pepper
- 1 pound carrots, peeled and cut into 4-inch sticks (about ½-inch thick)
- 1 tablespoon finely chopped fresh parsley (optional)
- non stick cooking spray

Directions

1. Mix corn starch, cinnamon, ginger, onion, salt and pepper in small bowl until well blended.
2. Place carrots in large bowl. Sprinkle with seasoning mixture; toss to coat.
3. Spray air fryer basket with nonstick cooking spray.
4. Preheat air fryer on 380° F for 3 minutes.
5. Place carrots in air fryer basket in single layer, being careful not to overcrowd.
6. Spray carrots lightly with nonstick cooking spray.
7. Air fry 8 minutes. Shake basket to toss carrots. Air fry for 5 more minutes or until carrots are tender and lightly browned.
8. Transfer to serving platter; keep warm.
9. Repeat with remaining carrot mixture.

To make Sriracha Greek Yogurt Dip:

Mix ½ cup of Greek yogurt, 1 teaspoon lemon juice, salt and pepper to taste, and 2 teaspoons of Sriracha sauce in a bowl and serve.

Nutrition Facts	
4 servings	
Serving size	1/4
Amount Per Serving	
Calories	65
% Daily Value*	
Total Fat 0.1g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 79mg	3%
Total Carbohydrate 15.9g	6%
Dietary Fiber 3.4g	12%
Total Sugars 5.7g	
Includes 0g Added Sugars	0%
Protein 1.1g	2%
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 1mg	3%
Potassium 380mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Tip: As a general guide 5% DV or less is low, and 20% DV or more is high. Choose foods high in dietary fiber, vitamin D, calcium, iron, and potassium and low in saturated fat, sodium, and added sugars.





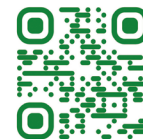
Want to cherish every moment with your loved ones? One way to make that happen is by keeping up with your vaccinations. Vaccines aren't just about you they're about safeguarding your whole family from the hassles of certain diseases. This chart provides general recommendations and may vary based on individual health factors and vaccination history. But remember, the best way to decide which ones are right for you is to chat with your healthcare provider. They'll help you tailor your vaccine plan based on your age, health, and lifestyle. Let's keep those family memories joyful and worry-free!

Vaccination Chart

VACCINE	RECOMMENDED AGE	FREQUENCY	NOTES
Influenza (Flu) Vaccine	Annually	Annually	Recommended for all adults
Tdap Vaccine	Once if not previously vaccinated	Once if not previously vaccinated	Protects against tetanus, diphtheria, and pertussis
HPV Vaccine	Up to age 26 (up to age 45 in certain cases)	Series of 2 or 3 doses	Protects against human papillomavirus, recommended for certain age groups and individuals at increased risk
Shingles Vaccine	50 years and older (some may be recommended at 50)	Series of 2 doses	Protects against herpes zoster (shingles)
Pneumococcal	65 years and older, younger adults	As recommended with certain medical conditions	Protects against pneumococcal disease, including pneumonia and meningitis
Hepatitis A Vaccine	Individuals at increased risk, travelers to certain countries	Series of 2 doses	Protects against hepatitis A virus
Hepatitis B Vaccine	Individuals at increased risk, healthcare workers	Series of 3 doses	Protects against hepatitis B virus
MMR Vaccine	Adults born after 1957 who have not received 2 doses	Series of 2 doses	Protects against measles, mumps, and rubella
Varicella (Chickenpox) Vaccine	Adults without evidence of immunity	Series of 2 doses	Protects against chickenpox



COOPERATIVE
EXTENSION



HEALTH CARE CLINIC



ADULT VACCINE CHART

The Extension Foundation, in cooperation with the Extension Committee on Organization and Policy, through an Interagency Agreement with the USDA National Institute of Food and Agriculture and the Centers for Disease Control and Prevention (CDC) are funding the Cooperative Extension System to address health disparities among rural and other underserved communities. This initiative is called the Extension Collaborative on Immunization Teaching & Engagement (EXCITE). North Carolina A&T State University is an equal opportunity provider.

For a more detailed list of vaccination and clinics near you, scan the QR codes above.