Garlic and Herb Baked Parsnip Fries

SERVING SIZE: 1/3 cup
SERVINGS: 6
PREPARATION TIME: 10 minutes
COOK TIME: 14 minutes

INGREDIENTS:
2 cups parsnips (about 2 medium)
3 Tablespoons extra virgin olive oil
1 teaspoon garlic salt
1 teaspoon dried oregano
1 teaspoon dried thyme

DIRECTIONS:
1. Heat oven to 400°F.
2. Slice parsnips into thin strips and place in a large bowl.
3. Add oil, garlic salt, oregano, and thyme to bowl and mix well.
4. Put parsnips in single layer on baking pans and bake for 12-15 minutes.
5. Take pans out of oven, flip fries, and broil for 2 minutes or until browned and crisp.

RECIPE TIPS:
• Choose small, firm parsnips of the same color.
• Store unwashed in a cool a dark place, like you would store carrots.
• Prepare in the oven, on a stovetop, or mashed like potatoes. It’s your choice!
• For easier clean-up, line baking pans with foil.

NUTRITION FACTS:

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>95</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total fat</td>
<td>7g</td>
<td></td>
</tr>
<tr>
<td>Saturated fat</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
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</tr>
<tr>
<td>Sodium</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Fiber</td>
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</tr>
<tr>
<td>Sugar</td>
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<tr>
<td>Includes 0g of Added Sugars</td>
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</tr>
<tr>
<td>Protein</td>
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<tr>
<td>Phosphorus</td>
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<tr>
<td>Potassium</td>
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EQUIPMENT NEEDED:
• Oven
• 2 baking sheets
• Foil (optional)
• Knife
• Cutting board
• Large bowl
• Large bowl
• Mixing spoon

Recipe submitted by Mount Mary University Dietetics Department
Additional recipes available at: healthyshelves.org