



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:

Amount Per Serving	
Calories	95
Total fat	7g
Saturated fat	1g
Cholesterol	0mg
Sodium	188mg
Total Carbohydrate	8g
Fiber	2g
Sugar	2g
Includes 0g of Added Sugars	
Protein	1g
Phosphorus	32mg
Potassium	172mg

EQUIPMENT NEEDED:

- Oven
- 2 baking sheets
- Foil (optional)
- Knife
- Cutting board
- Large bowl
- Mixing spoon

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