

Root Veg Fries

Number of Servings: 4

Prep Time: 15 minutes

Roast Time: 20 minutes

Ingredients

2-parsnip or 1 large turnip or rutabaga

2-carrot

2-large beet root, golden or red cylinder is perfect.

2-tbsp olive oil or coconut oil

salt and pepper to taste

Instructions

You want to partially cook the root veg before you roast in the oven.

If using organic veg, no need to peel. Cut carrots and parsnips in half and remove the root end. Place in a saucepan and barely cover with water, add a 1/2 tsp of salt. Bring to a boil, then reduce heat. Cook for about 5-7 minutes until they are tender but not soft.

Cook the beets in a separate pot so that they do not turn all the other veg pink. Keep the root and stem in tact or too much of the beet juices will drain out into the water. Once cooked trim off the root end and the stem, and skin if you like. I often cook my beets in the pressure cooker (5 min high pressure) and put the other veg in a pot of hot salted water.

Slice all the partially cooked veg into wedges or fry shape. Toss with the oil and season with salt and pepper.

In a 400F oven, roast on a parchment lined baking sheet or stoneware pan for 15-20 minutes. Toss half way through.

Enjoy!