



Serves: 4

Total Time: 30 minutes

ROASTED RUTABAGA FRIES

THE LOW-CARB VERSION OF YOUR FAVORITE SIDE

INGREDIENTS

2 medium rutabagas
1 1/2 Tbsp olive oil
1 Tbsp garlic powder
Salt & pepper to taste
Optional: 2 Tbsp fresh herbs

INSTRUCTIONS

- 1 Preheat oven to 450F.
- 2 Cut off top & bottom of rutabaga so that you have a stable base. Flip rutabaga on either end and peel skin. Slice rutabaga so that you have 1/4-1/2-inch thick pieces.
- 3 Toss fries in a bowl with olive oil, garlic powder, salt & pepper.
- 4 Roast for 15-20 minutes, tossing fries until browned on all sides.
- 5 In order to get a crispy finish, turn on broiler for 2-3 minutes, tossing fries in pan so that they can be crispy on all sides.
- 6 Season with a touch of salt and freshly ground pepper. Add fresh herbs like rosemary or parsley for a bright fresh finish.

Nutrition Facts Serves 4;

1 serving contains:

Calories 127 kcal; Fat 6g;

Saturated Fat 1g; Carbs 19g;

Fiber 5g; Protein 3g;

Sodium 170mg