

# Garlic & Herb Baked Parsnip Fries

October 2019

Harvest of  
the Month 

## 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

## Equipment Needed

Oven, 2 baking sheets, foil (optional), knife, cutting board, large bowl, mixing spoon.

## 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. (For easier clean-up, line pans with foil)
5. Take pans out of oven, flip fries, and broil for 2 minutes or until browned and crisp.

## Parsnip Tips

- Choose small, firm parsnips of the same color.
- Store unwashed in a cool dark place, like you would store carrots.
- Prepare in the oven, on a stovetop, or mashed like potatoes. It's your choice!



Serving Size: 1/3 cup

Servings: 6

Preparation Time: 10 min

Cook Time: 14 min

## Nutrition Facts

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



This recipe was created by the dietetics students of Mt. Mary University as part of their "Healthy Shelves" initiative.



American  
Heart  
Association.

