

Rutabaga Fries



Ingredients

1 rutabaga
1 Tbsp canola oil
½ tsp salt

Directions

Preheat oven to 450

Peel rutabaga, carefully. Slice off a small portion to create a flat surface to balance the rutabaga, place on flat portion to stabilize as you peel.

Slice into ½ inch" fries". Toss in the oil, lay out in a single layer on a large pan. Sprinkle with salt. Cook 40 minutes, turning halfway through. (put on foil for easy clean up)

These are wonderful with some rosemary and/or thyme sprinkled over them.

Nutritional Information

Calories per serving 102 kcal

Total Fat 3.7 g

Saturated Fat .3 g

Cholesterol 0

Sodium 318 mg

Total Carbohydrates 16.6 g

Dietary Fiber 4.4 g

Protein 2.1 g

Servings 4