

Roasted Parmesan Rutabaga Fries

4 servings

Choose baked or roasted options instead of fried foods, especially deep-fried foods. A dash of hot sauce, and a sprinkle of cheese, herbs, and spices add flavor without adding fat.

- 2 medium rutabagas, scrubbed with clean vegetable brush under running water, peeled
 - 1 Tablespoon vegetable oil
 - ½ teaspoon garlic powder
 - 1 Tablespoon Italian seasoning
 - 1 Tablespoon Parmesan cheese, grated
1. Wash hands with soap and water.
 2. Preheat oven to 425°F. Spray a large baking sheet with non-stick cooking spray. Set aside.
 3. Cut rutabagas into 1/4-inch thick wedges.
 4. Place rutabaga wedges in a large bowl. Drizzle with oil and sprinkle with garlic and Italian seasoning. Toss to coat evenly.
 5. Spread the rutabaga wedges in a single layer on the prepared baking sheet.
 6. Bake for 15 minutes or until they start to brown. Flip the wedges over and bake for another 10-15 minutes or until the wedges are soft on the inside and well-browned, cooked through, and crispy on the outside.
 7. Sprinkle with Parmesan cheese and serve immediately.
 8. Store leftovers in a sealed container in the refrigerator for up to four days.



Nutrition Information per Serving (1 cup): Calories 110, Total Fat 4g, Saturated Fat 1g, Cholesterol 0mg, Sodium 50mg, Total Carbohydrates 18g, Fiber 5g, Total Sugars 9g, includes 0g Added Sugars, Protein 3g, Vitamin D 0%, Calcium 10%, Iron 6%, Potassium 15%.