



Baked Root Vegetable Fries

Ingredients:

2 lbs. root vegetables of choice (*carrots, beets, radishes, sweet potatoes*)

1.5 Tablespoons cooking oil of choice (*canola, olive, avocado*)

4 teaspoons cornstarch

2 teaspoon smoked paprika

1 teaspoon cumin

1 teaspoon salt

1/2 teaspoon pepper

Chopped tender herbs (*cilantro, parsley, basil*)

Instructions:

1. Preheat oven to 425°F.

2. Cut root vegetables into thin sticks and combine in a large bowl with oil, cornstarch, smoked paprika, cumin, salt, and pepper. Place on a parchment paper lined baking sheet in a single layer.

3. Bake for about 20 minutes, or until browned in spots and crisp, flipping halfway through. Toss the hot fries with chopped cilantro or parsley and extra salt, if desired. Serve warm with your favorite condiment or dip.

Serves 4-5.