

Rutabaga and Potato Fries

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Prep time: 15 minutes

Cook time: 35 minutes

Yield: 4 cups

No milk / no wheat / no eggs / no soy / no fish / no nuts

Ingredients:

- 1 rutabaga
- 1 large potato
- 1½ Tablespoons olive oil
- Salt & pepper to taste

Instructions:

1. Wash hands with soap and warm water.
2. Preheat oven to 425°F. Line a 13 x 18-inch baking sheet with parchment paper. Check to make sure the oven rack is set in the middle.
3. Wash the outside of rutabaga and cut into homemade fry shape: Place the rutabaga on a cutting board and cut it in half through the stalk. Set the flat side down flat on the cutting board and slice each half into semi-circles of ½-inch thickness. Discard the end pieces and remove the outer skin from the semi-circle pieces. Lay the semi-circles flat on the cutting board and slice into ¼-inch sticks.
4. Wash and scrub the outside of the potato and cut into homemade fry shape: Place the potato on its side and cut a thin slice off the edge. Flip the potato so the cut side becomes a flat base on the cutting board. Cut into ½-inch slices, then cut again in the other direction to make ¼-inch sticks.
5. In a large mixing bowl, toss the fries with olive oil, salt, & pepper to coat evenly.
6. Spread the fries on prepared baking sheet in a single layer.
7. Bake for 15 minutes at 425°F. Remove baking sheet from oven and flip fries over with a spatula. Return pan to oven and bake for 15-20 more minutes, until fries are cooked through and crispy on the outside.

