

Crispy Rutabaga Fries

Crispy Rutabaga Fries – (Great for all Phases)

Ingredients:

- 1 large Rutabaga, peeled and cut into wedges or french fry sticks
- 2 egg whites
- 2 tsp dried onion powder
- 1 tsp dried garlic powder
- sea salt and cracked pepper to taste
- Walden Farms Ketchup



Directions:

Preheat oven to 425° F

Place two egg whites in bowl, and whisk briskly, add onion powder & garlic powder and whisk again. Pour contents into large plastic zip lock bag.

Place peeled and sliced rutabaga into bag toss together until the fries are thoroughly coated with seasonings.

Spread fries on a non stick baking sheet

Place in oven for approx 25-30 minutes, turn fries on baking sheet after about 12 minutes continue to cook until golden brown.

Remove from the oven and serve immediately.

Credit: Recipe and photo courtesy of Dr. Richard Tellier of Andover Diet Center