



Rutabaga Fries

4-6 servings

INGREDIENTS

- 1 large rutabaga
- 1/4 cup oil (olive oil works well)
- 1 tsp rosemary or other herb/spice mix
- Salt
- Pepper

DIRECTIONS

1. Heat oven to 425 °.
2. Clean and cut the rutabaga in half and slice into long pieces (like French fries)
3. Put rutabaga pieces in mixing bowl. Add oil, herbs and sprinkle with salt and pepper. Mix with your hands or a spoon until all pieces are covered.
4. Spread out onto a baking sheet.
5. Roast in oven until edges brown and rutabaga is tender – about 45 minutes – stirring half-way through so both sides brown.
6. **Tip:** Can reheat next day in frying pan, toaster oven or microwave to enjoy as leftovers.



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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer. In Vermont, SNAP is called 3SquaresVT. It can help low income people buy foods for a better diet. We can help you apply. Contact the Vermont Foodbank at 855-855-6181 or text VFBSNAP to 85511.