



Golden Garlic Parsnip Fries

SERVINGS: 5

(2 CUPS FRIES & 1 CUP DIP)

PREPPING TIME: 10 MINS

COOKING TIME: 25-30 MINS

INGREDIENTS

- 6 large parsnips, peeled and cut into fry shapes
- 2 tbsp. avocado oil
- 3 cloves garlic, minced
- 1 tsp. ground turmeric
- 1 tsp. paprika
- Salt and pepper, to taste

For the Dip:

- 1 cup plain low-fat Greek yogurt
- 1 tbsp. lemon juice
- 1 garlic clove, minced
- 1 tbsp. fresh dill (or 1 teaspoon dried dill)
- 1 tbsp. fresh parsley, chopped
- 1 tsp. honey
- Salt and pepper to taste
- Pinch of crushed chili for garnish

DIRECTIONS

1. Preheat the oven to 425°F (220°C).
2. In a large bowl, mix the parsnips with avocado oil, minced garlic, turmeric, paprika, salt, and pepper. Toss well to coat evenly.
3. Arrange the seasoned parsnips in a single layer on a parchment-lined baking sheet. Roast for 25-30 minutes, flipping halfway through, until golden brown and crispy.
4. Remove from the oven, garnish with fresh parsley if desired, and serve warm as a side dish or snack.

For the Dip:

1. Combine Greek yogurt, lemon juice, garlic, dill, parsley, honey, salt, and pepper in a bowl. Stir until smooth, then let the flavors blend for at least 10 minutes. Top with a sprinkle of chili before serving.

NUTRITION

Serving size: ~1/2 cup fries with 2 tbsp. dipping sauce
(per serving) 175.2 calories, 6.1g fat, 0.8g saturated fat, 2.5mg cholesterol,
92.5mg sodium, 25.3g carbohydrate, 6.1g fiber, 8.5g sugar, 6.7g protein