

Parsnip Greek Fries

PREP TIME: 5 minutes

TOTAL TIME: 35 minutes (includes roasting time)

Servings: 2



Ingredients

2 parsnips

1 Tbsp ghee, melted

2 Tbsp chopped fresh parsley

1/4 tsp dried oregano

1/4 tsp sea salt (reserve 1/8 tsp to sprinkle over the top once out of the oven)

2 oz feta cheese

Juice of 1/2 lemon

1. Preheat oven to 450 degrees and line a large baking pan with parchment paper.
2. Wash parsnips then use a vegetable peeler to peel off outer skin. Cut parsnips into long skinny sticks. Toss parsnips with melted ghee and sprinkle with 1/8 tsp sea salt.
3. Roast in preheated oven for 25-30 minutes, stirring once for even cooking. Adjust oven to the broiler setting and broil fries for ~2 minutes until golden brown and crispy.
4. Remove fries from the oven, sprinkle with remaining 1/8 tsp sea salt, chopped parsley, dried oregano, feta, and lemon juice. Toss fries until evenly coated then serve immediately. Fries taste best hot and crispy right out of the oven.