



SIDES/SNACKS

# SAVORY ROASTED BEET FRIES



Serves 4, 1/2 cup per serving

Prep time: 10 minutes ▪ Cook time: 20 minutes

## INGREDIENTS

- 2 large **red or golden beets**
- 1 Tablespoon canola oil
- 1 teaspoon paprika
- 1 teaspoon dried rosemary
- 1/4 teaspoon cumin
- 1/4 teaspoon salt

### Optional Ingredients

- 1 teaspoon harissa spice
- 2 Tablespoons Parmesan cheese

## DIRECTIONS

1. Preheat oven to 400°F. Line a baking pan with parchment paper.
2. Peel beets. Slice beets to resemble fries.
3. Lay the beet slices on prepared baking pan. Drizzle canola oil over them and coat with your hands. Sprinkle paprika, rosemary, salt, and cumin on beet slices.
4. Roast beet slices for 15-25 minutes, flip them 10 minutes into cooking time. To see if they are done, poke them with a fork, they should be nice and soft.
5. Remove the pan from the oven and sprinkle some Parmesan cheese on top, if using it. Serve right away.

## CHEF'S NOTES

- To cut costs, use vegetables that are in season. Other vegetables that can be made into fries or chips include sweet potatoes, **zucchini**, eggplant, and **carrots**.

## Nutrition Facts

Serves 4	
<b>Serving Size</b>	1/2 cup
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>60</b>
% Daily Value*	
<b>Total Fat</b> 3.6g	6%
Saturated Fat 0.3g	
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 53mg	2%
<b>Total Carbohydrate</b> 6.5g	2%
Dietary Fiber 1.9g 8%	
Sugars 4.6g	
<b>Protein</b> 1.1g	2%

RECIPE BY:  
Delightful Mom Food –  
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