

Carrot, Sweet Potato & Parsnip Fries



Ingredients:

2 pounds carrots, sweet potato and/or parsnip, peeled and cut into small sticks about 1/2-inch thick

1 Tbsp vegetable oil

1/4 tsp chopped raw garlic

1/4 tsp ground oregano

1/2 tsp salt

Pepper to taste

Directions:

1. Toss carrots, sweet potato or parsnip with all other ingredients.
2. Roast at 400 about 20 minutes in the oven on parchment-covered baking sheet, stirring twice during cooking, until tender but not mushy.