



Seasoned Oven Fries

All metaphor aside, root vegetables sustain human life in an elemental way. Potatoes typify what makes root vegetables such treasures: hardiness in soil of various temperatures, high nutritional value, long shelf life in cool storage. Root crops feed our bodies with healthy carbohydrates, vitamin C, iron and phytonutrients packed with antioxidants. In times of bad weather and scarce food, root vegetables can save lives. Treasures, indeed!

Ingredients 1 to 1 1/2 lbs. turnips or baking potatoes 1/3 cup grated Parmesan cheese 2 T. of your favorite blended seasoning, such as Cajun seasoning, garlic and pepper blend, grill seasoning, or dry rub 3 T. olive oil

Preparation

Preheat oven to 450 degrees F. Peel turnips or potatoes and cut into 1/2-inch slices. Cut each slice into sticks about 1/2-inch wide. In a gallon-sized, sealable plastic bag, combine Parmesan cheese and seasoning. Shake until well-combined. Add turnips or potatoes, seal bag and shake to coat.

Spread the olive oil over a large baking sheet. Place vegetable sticks on baking sheet in a single layer. Bake 15 to 20 minutes, turning twice with a spatula or until vegetables are tender and golden. This dish burns easily, so watch it closely. Serve immediately. Makes 4 to 5 servings.

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