

# Veggie Fries

## Ingredients

2	medium potatoes	2
1	sweet potato	1
1	parsnip	1
2	carrots	2
25 mL	vegetable oil	2 tbsp
25 mL	fresh parsley, cilantro, rosemary or dill, chopped (optional) salt and pepper	2 tbsp

## Directions

Preheat the oven to 425°F. Lightly oil 2 baking sheets.

Scrub and peel the vegetables. Cut the vegetables in wedges, all about the same size. Place in a bowl. Add the oil and toss.

Spread the vegetables in an even layer over a baking sheet.

Bake for 20 minutes until crisp and lightly brown. Turn the fries over half way through the baking.

Sprinkle lightly with salt, pepper and fresh herbs (if using). Serve immediately.

## Yield:

6 to 8 servings

## Preparation Time:

20 minutes

## Cooking Time:

20 minutes

## Equipment:

vegetable brush  
vegetable peeler  
colander  
cutting board  
medium knife  
large bowl  
2 baking sheets  
lifter  
oven mitts  
clean hands



## Nutrition information:

Not Available

Go for colour when making these tasty fries! The more colourful a vegetable, the more vitamins and minerals it contains.

**Source:** *The Cooking Club Manual, 2000. Reprinted with permission from Toronto Public Health.*



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**905-668-2020 or 1-800-841-2729**  
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