

## PARSNIP "FRIES"

ADAPTED FROM [JULI BAUER'S PALEO COOKBOOK](#)

### INGREDIENTS

- 3 (or more) Large parsnips, and removed, peeled
- 3 tablespoons melted coconut oil
- 1/2 teaspoon sea salt
- 1/4 teaspoon garlic powder
  
- 1 batch truffle aioli (add 2 teaspoons white truffle oil and 1 clove of garlic to [Paleo Mayonaise](#))



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1. Pre-heat the oven to 375°. Line a baking sheet with parchment paper
2. The peeled parsnips into your preferred fried shapes
3. Toss the fries in the melted coconut oil, then sprinkle the salt and garlic powder over the fries and toss until coated.
4. Place the fries on the line baking sheet, making sure they don't overlap. Bake for 25 minutes, until slightly soft but crispy on the bottom.
5. Remove from the oven and toss ( the fries will brown more on the bottom than on the top) turn up the oven temperature to 500°, then bake for 8 to 10 minutes more until the fries are crispy. Keep an eye on them so they don't burn!