

CRISPY POTATOES AND TURNIPS

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This recipe goes beyond French fries. Roasting rather than frying the potatoes lends flavor without adding excess fat calories.

Ingredients:

3 turnips, peeled and cubed
3 russet potatoes, scrubbed and cubed
2 cloves garlic, chopped
4 Tbsp (60mL) olive oil
1 tsp (2g) dried rosemary
Salt and pepper to taste (sea salt if on a corn-free diet*)



Directions:

Heat oven to 375°F (190°C). Toss turnips, potatoes and garlic with olive oil until coated and season with rosemary, salt and pepper. Scatter vegetables in a single layer on a cookie sheet and bake about 30 minutes to 1 hour, or until browned yet tender inside. Turn the vegetables occasionally with a spatula or by shaking the pan.

Allergy notes: People following a corn-free diet should avoid iodized salt since it contains dextrose, which should be avoided by those allergic to corn.

Nutrition Facts

Calories: 318, Fat: 14g, % fat calories: 38%, Cholesterol: 0mg, carbohydrate: 46g
Protein: 5g