

Rutabaga Fries | Low-Carb, Keto-Friendly

Swick

Serves 2 to 4 | Active Time: 10 minutes | Total Time: 45 minutes

Step 1: Preparing Your Mise en Place

- 1 to 2 tbsp high heat cooking oil (such as avocado oil)
- 2 to 3 rutabagas, approx. 5 cups once sliced
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp paprika
- pinch of cayenne, if desired
- 1/4 tsp sea salt
- 1/4 to 1/2 tsp freshly ground black pepper

To start, preheat the oven to 425°F (220°C) and line a baking tray with aluminum foil and/or parchment paper. Note that if you are not going to be using oil then parchment paper is the better choice to ensure the fries don't stick. If using oil then straight foil is a good idea as it will give the fries better color.

For the rutabaga, peel and slice into strips and then place them into a large bowl. Next, toss the rutabaga with the oil and then toss with all of the spices.

At this point, place the fries onto the baking tray and then sprinkle the fries with the paprika. Alternatively, the paprika can simply be added with the other spices, this just gives the fries a nicer contrasting color.

Step 2: Baking & Finishing the Fries

- quality sea salt (such as Maldon), for finishing
- freshly ground black pepper, if desired

To bake the fries, place them into the preheated oven and let cook for 20 to 40 minutes — tossing halfway through baking. Ultimately, the time will depend on the temperature of your oven, the size of the slices, and even the age of the rutabaga. After approximately 15 minutes or so, start to check the fries every 5 minutes. When done, they should be golden brown and crispy on the outside and cooked through in the middle.

To finish, sprinkle the fries with a bit of Maldon sea salt and freshly ground black pepper if desired. Serve immediately.

We like to serve these fries with a nice Simple Tomato Sauce or pizza sauce. We have also served them with leftover of this DELICIOUS Tomato Sauce as well as a big dollop of Cashew Sour Cream and it was also a winning combination.