



GOOD-FOR-YOU FRIES

*Chef's Selections, Side Dishes
Flavourings, Substitutes*

Difficulty Level: ●○○○○○

Prep Time: 20 minutes

Cook Time: 45 minutes



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Ingredients

2 lb root vegetables
(approx. 1 large Yukon gold
potato, 1 large sweet
potato, 3 medium parsnips)

3 tbsp olive oil

2 tsp Windsor® Half Salt™

Windsor® Black
Peppercorns
(freshly ground)

Wasabi dip

1/4 cup fat reduced mayonnaise
type dressing

1 tsp prepared wasabi paste
(or more to taste)

Preparation

1. Preheat oven to 400°F (200°C).
2. Line 2 large baking sheets with parchment paper.
3. Peel sweet potato and parsnips. Potato can be scrubbed, or peeled if desired.
4. Slice vegetable into long thin sticks, about ½ inch (1 cm) thick.
5. Transfer to plastic bag and add oil. Holding open end shut, gently shake until evenly coated.
6. Spread out evenly in a single layer on baking sheets.
7. Bake about 45 minutes, rotating pans once, until tender, crisp and browned.
8. Sprinkle with Windsor® Half Salt and freshly ground Windsor® Black Peppercorns.

Wasabi dip

1. Whisk dressing and wasabi together.
2. Serve fries in paper cones with dip on the side.

Servings: Makes 8 appetizer servings.