



## **Maple-Roasted Parsnip "Fries"**

Courtesy LadyFingers Private Chef and Catering Service  
6 servings

### **Ingredients:**

- 6-8 medium parsnips
- 2 teaspoons olive oil
- 1 tablespoon pure maple syrup

### **Instructions:**

1. Preheat oven to 400 degrees.
2. Cover large baking sheet with non-stick foil.
3. Peel parsnips and cut into 4-inch "fries".
4. Place parsnip fries in a large bowl and toss with olive oil. Add maple syrup and toss again until evenly coated.
5. Spread parsnip fries on prepared baking sheet and roast for 15 minutes.
6. Turn fries and roast for an additional 10 – 15 minutes until fries are tender and maple syrup is caramelized.
7. Serve immediately.