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## Carrot, Sweet Potato & Parsnip Fries

## Ingredients:

2 pounds carrots, sweet potato and/or parsnip, peeled and cut into small sticks about 1/2-inch thick

1 Tbsp vegetable oil

1/4 tsp chopped raw garlic

1/4 tsp ground oregano

1/2 tsp salt

Pepper to taste



## **Directions:**

- Toss carrots, sweet potato or parsnip with all other ingredients.
- 2. Roast at 400 about 20 minutes in the oven on parchment-covered baking sheet, stirring twice during cooking, until tender but not mushy.



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