

Truffle Parsnip Fries with Creamy Garlic Tahini Dip

Serves 4



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 2 pounds parsnips, peeled and cut into thin strips
- 2 tablespoons olive oil
- 2 tablespoons fresh flat leaf parsley, chopped
- 2 teaspoons truffle oil
- ¼ teaspoon salt

Creamy Garlic Tahini Dip

- ½ cup packed fresh flat leaf parsley, minced
- 3 tablespoons tahini
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 cloves garlic, minced
- Salt and pepper to taste
- Water to thin if necessary

Directions

1. Preheat oven to 450°F. Line a baking sheet with parchment paper or grease with cooking spray or oil.
2. Toss parsnips with olive oil and salt. Spread into an even layer on the baking sheet. Bake 15-20 minutes or until browned on crisp, tossing once or twice.
3. Meanwhile, prepare the sauce by combining all ingredients except parsley in a food processor and process until smooth and creamy. Add water 1 tablespoon at a time to thin as needed. Stir in parsley.
4. Toss parsnips with truffle oil and parsley and serve with dip.

Notes

Choose parsnips that are the size of carrots, about 8 inches. Very large parsnips have tough, woody cores.

Try substituting other veggies, such as carrots, sweet potatoes, or butternut squash! Cooking times will vary slightly – cook until tender and golden brown.

Recipe from Cook Well Berkeley: Spring Salads & Vegetables, Spring 2016