



## **Parsley Root Fries With Marinated Tomato Ketchup**

9 to 12 ounces parsley roots, peeled, trimmed, greens removed  
2 Tablespoons canola oil  
1 teaspoon salt, divided  
1/4 teaspoon black pepper  
1 sprig fresh rosemary, leaves removed  
1/3 cup tomato ketchup  
2 teaspoons fine diced marinated sun-dried tomatoes

Preheat oven to 400 degrees F.

Cut roots into thin French-fry sticks. Place 2 Tablespoons oil on 11x17 inch baking sheet. Toss fries in oil; season with 1/2 teaspoon salt, black pepper, and rosemary leaves. Bake in preheated 400 degree oven for 15 minutes; remove; toss; place back in oven for about 5 to 10 minutes or until lightly golden and tender. Remove to paper lined plate; season with remaining salt as desired. Serve warm with marinated sun-dried tomato ketchup. Serves: about 2 small servings

**For more information** and an awesome fresh tomato ketchup: see:

<http://www.mynewroots.org/site/2012/01/parsley-root-fries-with-roasted-tomato-ketchup-2/>

Additional Source: Balch, Phyllis A. Prescription for Dietary Wellness. New York, NY: Penguin, 2003.

**Cook's Note:** Watch out because parsley roots look very similar to parsnips. They are slender and may take a little more care when cutting them into fries. But the challenge will be fun. If you can't find parsley roots, you can use parsnips as a substitute. Watch your baking time as they are sweeter and can burn easily if cut into thin slices.

**About this Recipe:** Herb flavored fries will treat you to a new flavor in a friendly fry form. If you cut them thin, they will become crisp, especially their tips. Serve with your favorite tomato ketchup. The best part is that this old herb has a long history of health benefits for the digestive system.