

# CRISPY GARLIC HERB CARROT FRIES



## PREP TIME:

15mins

## COOK TIME:

25mins

## TOTAL TIME:

40mins

## YIELD:

4 servings 1x

## INGREDIENTS:

- 2 lbs. carrots, cut into thin fries
- 2 tablespoons tapioca, potato, or cornstarch (see notes)
- 1 tablespoon each: garlic powder and onion powder
- 1 teaspoon each: sea salt, black pepper, and thyme
- 3 tablespoons avocado oil (or another neutral-flavored oil)

## NOTES:

To make a simple dipping sauce, combine 1/4 cup mayonnaise, the zest and juice from 1/2 lemon, and a teaspoon of thyme leaves.

For Whole30 and paleo diets, make sure to opt for potato or tapioca starch

## DESCRIPTION

Melt the coconut oil and almond butter in the microwave at 30-second intervals, stirring in between. Once well combined, add maple syrup to taste and any optional ingredients (see below).

## DIRECTIONS:

1. Preheat your oven to 425 degrees and line 2 – 13×18" baking sheets with parchment paper.
2. Place the carrot fries in a large bowl and toss with the starch. Add the garlic powder, onion powder, salt, pepper, and thyme and toss again. Drizzle the oil over the top and toss one more time.
3. Divide the carrot fries between the two baking sheets, making sure none of the fries are touching each other.
4. Bake for 10 minutes then remove the trays from the oven and turn each of the fries over. Put them back into the oven for another 10-15 minutes, or until they are brown and crispy.

# Winter Squash and Spinach Lasagna



## INGREDIENTS:

1 10-ounce container low sodium cottage cheese  
1 10-ounce package frozen leaf spinach, thawed and squeezed of excess moisture  
3 oz. part skim mozzarella, coarsely grated (about  $\frac{3}{4}$  c)  
4 tbsp. grated pecorino  
1/8 tsp. freshly grated nutmeg  
1 10-ounce package frozen squash puree, thawed  
8 no-boil lasagna noodles  
1/2 c. crème fraiche  
1 tbsp. water  
salt  
pepper

## DIRECTIONS:

1. Heat oven to 425F. In a food processor, puree the cottage cheese and spinach until smooth. Transfer to a bowl and fold in 1/2 cup mozzarella, 2 tablespoons pecorino, nutmeg, 1/2 teaspoon salt and 1/4 teaspoon pepper.
2. Spread 1/2 cup squash on the bottom of an 8-inch square baking dish. Top with 2 noodles and spread a third (about 1/4 cup) of the remaining squash over the top. Dollop with a third (about 3/4 cup) of the cottage cheese mixture; repeat twice.
3. Place the remaining 2 noodles on top. In a small bowl, combine the crème fraiche and water and spread over the top of the noodles. Sprinkle with the remaining 1/4 cup mozzarella and 2 tablespoons pecorino.
4. Cover tightly with an oiled piece of foil (to prevent sticking) and bake for 15 minutes. Uncover and bake until the noodles are tender and the top is golden brown, 8 to 10 minutes. Broil 2 minutes.

# Oven Roasted Root Vegetables

## INGREDIENTS:

- 1 lb yams (orange sweet potatoes)
- 2 small or one large, peeled
- 3/4 lb red potatoes scrubbed clean, peel on
- 1/2 lb beets (red or golden), trimmed and scrubbed clean
- 1/2 lb large carrots peeled and halved lengthwise
- 1 parsnip medium sized (4-5 oz), peeled and halved lengthwise
- 1/2 red onion peeled
- 6 whole garlic cloves large sized
- 1/4 cup extra virgin olive oil divided
- 2 tbsp fresh thyme leaves (or 2 tsp dried thyme)
- 5 sprigs fresh rosemary (or 3 tsp dried rosemary)
- 1 tsp ground cumin (can be omitted for Ashkenazi Passover)
- 1 tsp kosher salt or more to taste
- 1/4 tsp black pepper or more to taste

## NOTES:

If using red beets your other vegetables may take on a bit of red color. I find it pretty, but if you don't like it be sure to use golden beets instead.



Healthy and delicious Oven Roasted Root Vegetables. Easy and colorful vegetable side dish.

## DIRECTIONS:

1. Place a rack in the bottom of your oven and preheat oven to 400 degrees F. Slice all vegetables into chunks roughly 1 1/2 inches wide. The more similar the size of the vegetable pieces, the more evenly they will roast. Place cut vegetables into a large mixing bowl. Add 3 tbsp olive oil, fresh thyme leaves, ground cumin, kosher salt, and black pepper. Stir until all vegetables are evenly coated with oil, spice and herbs.
2. Brush large rimmed baking sheet with remaining 1 tbsp olive oil. Spread the vegetables out evenly on the baking sheet. Place the rosemary sprigs on top of the vegetables, evenly spaces across the sheet. Roast the vegetables in the oven for 15 minutes. Stir the vegetables, bringing the chunks from the outside towards the center and the chunks in the center out towards the edges. Return baking sheet to oven and continue to roast until the largest chunks are tender and the edges are starting to turn golden/dark, another 15-25 minutes.
3. Remove the roasted rosemary sprigs and stir the vegetables (some leaves of rosemary will remain, this is good). Season with additional salt and pepper to taste, if desired. Vegetables can be served warm or at room temperature.