



DINNER

Root n' Tuber Home Fries

Potatoes aren't the only spuds to consider when making home fries.

YIELD: Serves 8

INGREDIENTS

- 2 tablespoons ghee or olive oil
- 1 large onion (diced)
- 1 medium rutabaga (medium dice)
- 1 large parsnip (medium dice)
- 1 medium yam (medium dice)
- 2 medium red potatoes (medium dice)
- 1/2 cup parsley (chopped)
- Sea salt and pepper to taste



DIRECTIONS

1. Put cubed rutabaga, parsnip, yam and red potatoes to a large pot and cover with filtered water. Add a generous teaspoon of sea salt and bring water to a boil.
2. Parboil roots for 12 minutes and then remove from heat. Drain and set aside.
3. To a large sauté pan, melt butter and olive oil over medium heat.
4. Add onions and a pinch of sea salt and sauté until softened, about 5 minutes.
5. Gently add in root vegetables and sauté over low to medium heat until lightly browned, skins are crispy and fork tender.
6. Season with sea salt and pepper and toss in chopped parsley before serving.

NUTRITION GEM

Health Benefits of Green Beans, Ginger & Olive Oil

A myth of the high protein craze is that eating potatoes contributes to weight gain. Since French-fried potatoes comprised 80% of potatoes consumed, eliminating them is wise.

Potatoes — Potatoes with skins intact are high in vitamins, minerals, and fiber, rich in potassium, to regulate fluid balance and muscle contractions. They contain magnesium and phosphorus, which contribute to strong bones and steady nerves.

Rutabagas — Rutabagas are a good source of fiber, vitamins, and minerals, including vitamin C and potassium, contributing to improved digestion, bone health, weight management and blood pressure regulation.

Ghee — Ghee is clarified butter, with fat-soluble vitamins like A, D, E, and K, important for vision, immune function, and bone health. It contains butyrate, a fatty acid with anti-inflammatory and gut-healing properties.

