

Roasted Garlic Root Vegetable Fries with spicy dipping sauce

Fries don't have to be synonymous with potatoes. You can turn almost any vegetable into fries that are nutritious and delicious. Plus, it's a great way to get more veggies on your plate. Paired with a spicy-sweet dipping sauce it's the ideal snack over cocktails on the patio.

Serves 4

2 large white potatoes  
2 kohlrabi  
2 large beets  
1 medium sweet potato  
1 ½ tbsp *Mountview Canola Oil*  
4 garlic bulbs, minced  
1 tsp salt + more for sprinkling  
½ tsp black pepper

Dipping Sauce

¼ cup mayonnaise  
2 tbsp *Canaberta Spicy Hot Sauce*, or to taste  
2 tsp maple syrup  
½ tsp worcestershire sauce  
¼ tsp salt

Preheat oven to 425F. Rinse vegetables and dry with a kitchen towel. Cut into ½ inch sticks. Transfer to a large mixing bowl along with the canola oil, minced garlic, salt and pepper. Toss to evenly coat then spread in a single layer on a lined baking tray, leaving space between.

Bake for 20-25 minutes or until the bottoms become lightly browned. Turn to brown other side and return to oven for an additional 8-10 minutes or until vegetables become golden brown. Remove from oven and sprinkle with additional salt to serve.

While fries are baking mix together dipping sauce ingredients and refrigerate to lightly chill.