

Healthy Air Fryer Fries



Who doesn't love fries?

Personally, my family and I are huge fans! I just had to come up with a recipe that would allow us to enjoy them more often. Without deep-frying and by using a variety of vegetables, this version is much more nutritious and significantly lower in calories, making it a great option for those managing weight or diabetes.

It's hard to pass up fries when they deliver nearly 8 g of fibre per serving!

Enjoy!

Preparation 15 min

Cooking 30 min

Servings 2

Nutrition Facts (per serving)

Calories 155

Fat 4

Carbohydrates 29

Fibre 7,5

Protein 2

Sodium 80

Ingredients

- 1 small rutabaga, peeled and cut into 1 cm (? in) sticks (about 225 g / ½ lb)

- 2 parsnips, peeled and cut into 1 cm (½ in) sticks (about 150 g / ½ lb)
- 7.5 ml (½ tbsp) canola oil
- 7.5 ml (½ tbsp) chili powder
- Pepper and salt, to taste

Preparation

1. Place the vegetable sticks in a large bowl and cover them with boiling water. Let them sit for 10 minutes.
2. Drain and pat the vegetables dry with a clean towel.
3. Transfer to the air fryer basket. Add the oil and seasonings. Toss well to coat.
4. Cook at 350°F (180°C) for 25 to 30 minutes, or until the vegetables are tender and golden brown. Stir halfway through cooking.

Notes

Store in an airtight container in the refrigerator for up to 5 days. Can be frozen for up to 3 months.



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