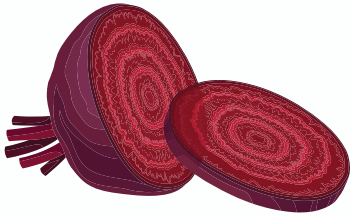


Roasted Beet Fries

Ingredients



1 $\frac{3}{4}$ lbs
fresh beets



1 tsp
kosher salt



$\frac{1}{3}$ tsp
ground black pepper



$\frac{1}{2}$ cup
canola oil



$1\frac{1}{4}$ tbsp
Italian herb seasoning

Kitchen Tools

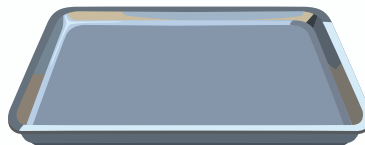


scrubber



chef knife

*Note: Please ask adult for assistance



sheet pan

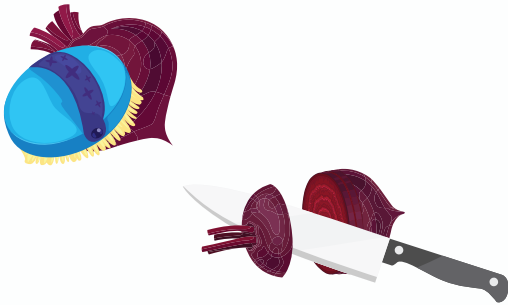


spatula

Roasted Beet Fries

Method

Remember to wash your hands before you begin cooking!



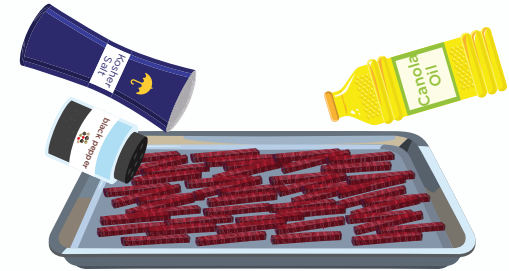
1

Preheat oven to 425 degrees. After scrubbing the beets, remove the top and bottom and peel them.



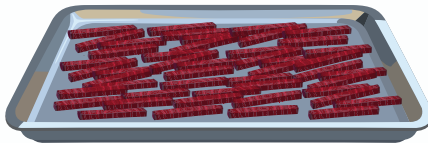
2

Slice into slabs about ½ inch thick. Stack the slabs and cut into ½ inch sticks (like a French Fry).



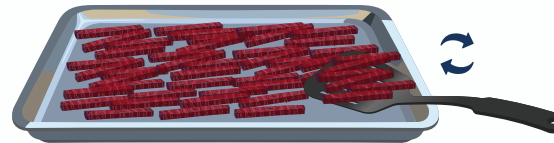
3

Toss with oil to evenly coat and spread onto a baking pan or dish and sprinkle with salt and pepper.



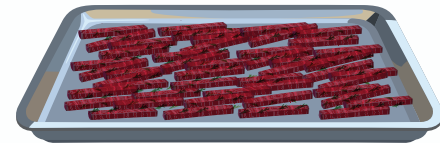
4

Roast at 425 degrees for 15 – 20 minutes.



5

Stir with a spatula to turn them and cook for an additional 15 minutes or until crisp and caramelized on the outside and tender on the inside.



6

Sprinkle with Italian seasoning when hot out of the oven.

Serve and Enjoy!