

RUTABAGA FRIES & FRY SAUCE



50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

For the fries:

- ★ 1 large rutabaga (about 2 pounds), peeled and cut into ¼-inch-thick sticks, (14.5 ounces prepped)
- ★ 1 tablespoon olive oil
- ★ ¼ teaspoon kosher salt
- ★ ½ teaspoon black pepper
- ★ ¼ teaspoon paprika
- ★ 1 tablespoon finely chopped parsley, for garnish

For the sauce:

- ★ 2 tablespoons light mayonnaise
- ★ 1 tablespoon no sugar added ketchup
- ★ ¼ teaspoon Worcestershire sauce
- ★ ½ teaspoon red wine vinegar
- ★ ¼ teaspoon paprika
- ★ ⅛ teaspoon cayenne pepper

DIRECTIONS

Preheat the oven to 400 degrees F and line a baking sheet with parchment paper.

In a large bowl, toss the rutabaga fries in olive oil to coat. Sprinkle in the salt, pepper, and paprika and toss again to evenly coat fries in the spice mixture. Arrange the rutabaga fries on the prepared baking sheet in a single layer.

Transfer to the oven and bake, flipping once halfway through, until golden brown and crisp on all sides, 45 to 50 minutes.

While the fries are baking, make the fry sauce. In a small bowl, whisk together the mayonnaise, ketchup, Worcestershire, red wine vinegar, paprika, and cayenne. Set aside.

Sprinkle the baked rutabaga fries with the fresh parsley just before serving with the fry sauce.

Serving Size and Nutritional Information:

Serves 2 (Serving Size = 227 g)
150 Calories Per Serving, **9 g** Total Fat,
16 g Total Carbohydrates, **2 g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Download more delicious,
type 2 diabetes-friendly recipes
at [MyType2Tips.com](https://www.MyType2Tips.com)



Novo Nordisk is a registered trademark of Novo Nordisk A/S. All other trademarks, registered or unregistered, are the property of their respective owners.
© 2026 Novo Nordisk All rights reserved. US26OZM00138 April 2026