



# Kohlrabi Fries

## Ingredients:

- 2 Cups of Kohlrabi
- 2 tsp Olive Oil (or other Healthy Fat on Phase 1 list)
- ½ tsp Paprika
- 1 tsp Ground Cumin
- ½ tsp Sea Salt
- ½ tsp Pepper
- 1 Tbs Walden Farms Ketchup

## Directions:

1. Peel the kohlrabi and cut into French fry style sticks.
2. Coat sticks in olive oil, paprika, cumin, salt and pepper.
3. Toss and coat well.
4. Bake at 425° F for 40 min turning halfway through. (May use Air Fryer).

Servings: makes 1 serving.

Each serving = 2 cups select vegetables, daily healthy fat.

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