



Rutabaga Chili Cheese Fries

Ingredients:

- 2 cups of rutabaga
- 1 pulverized package of Diet Right Macaroni and Cheese or 1 Serving of Cheese Sauce
- 6-8 oz. 90/10 ground beef or turkey
- 1 tsp. chili powder
- ¼ tsp. garlic powder
- ¼ tsp. coriander
- ¼ tsp. cumin
- ¼ tsp. dry mustard
- Pinch of cayenne
- Salt and pepper to taste

Directions:

1. Preheat oven to 400° F.
2. Blend together one pulverized pkg of Mac and Cheese (or cheese sauce).
3. Add the chili powder, garlic powder, coriander, cumin, dry mustard, cayenne, salt and pepper to the pulverized mac.
4. Dip fries in beaten egg white, sprinkle with Mac and Cheese (or Cheese Sauce) coating, flip and repeat.
5. Bake for 40 minutes turning once (or may use air fryer).
6. Add cooked ground beef or turkey to top if desired.

Servings: makes 1 serving.

Each serving = 2 cups occasional vegetables, 6-8 oz. lean protein, 1 protein product.

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