**Parsnip Fries**

parsnips

15 mL oil

Sprinkle of sea salt

1. Preheat oven to 400. Line a pan with edges with parchment.
2. Peel parsnips, cut into thinner strips.
3. Toss with oil and sea salt.
4. Bake until golden and crisp.

**Oven Baked Chicken Strips**

2 chicken breast

125 mL bread crumbs

5 mL seasoning (you choose)

1 egg

1. Slice chicken
2. Season bread crumbs.
3. Dip in egg.
4. Coat with crumbs.
5. Place on parchment.
6. Bake for 15-20 minutes. No pink!