



**PHASE 1-  
LIFESTYLE**

# Celeriac Fries

**Time:**

**Serving Size:**



## Ingredients

1-2 Celeriac (Celery Root)

1 TBSP Sutter Buttes Garlic Olive Oil

2 tsp Sutter Buttes Sweet & Spicy Rib Rub

## Directions

**Air Fryer:** Preheat for 5 minutes. While preheating, cut edges off the celeriac and slice into small sticks. Place in a large ziplock bag. Pour in oil and seasonings. Shake until evenly distributed. Place in the air fryer basket and set the timer for 15 minutes. Remove to shake it up. Cook for another 5 minutes or until golden brown.

**Oven:** Preheat to 425°F. Follow same directions to prep. Place oiled & seasoned celeriac sticks onto a parchment lined baking sheet. Roast for 15-20 minutes or until golden brown.

**Optional:** Use Walden Farms BBQ Sauce as a dip.