

JICAMA FRIES

ALL YOU NEED:

- 4-5 cups of Hy-Vee Shortcuts pre-sliced Jicama
- 1 tbsp olive oil
- 1/2 tsp turmeric
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp sea salt
- 1/4 tsp pepper
- Guacamole, for dipping

Serves: 4-5

Serving Size: 1 cup



ALL YOU DO:

1. Preheat oven to 400°F
2. In a large bowl add jicama slices, oil, turmeric, garlic powder, onion powder, salt, and pepper. Toss and coat evenly
3. Spread fries out evenly onto greased baking sheet, making sure they are not touching each other for best result.
4. Bake for 30 minutes, take them out of the oven flip, then bake for another 20-30 minutes or until fries are slightly brown and crunchy.
5. Remove from oven and serve with guacamole for dipping

Source: Adapted from Eating Bird Food