

Jicama Fries

INGREDIENTS

- 1.5 – 2 pound jicama, peeled and thinly sliced into “fries”
- 2 tablespoons vegetable oil
- 1 teaspoon Kosher salt
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- 1/2 teaspoon freshly ground black pepper
- 2 teaspoons nutritional yeast, optional

SERVINGS: 4
TIME: 35 MINS



BRAZOS VALLEY
foodbank



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PROCEDURE

1. Preheat oven to 425°F (use convection setting if your oven is equipped with it) and lightly grease a large baking sheet with cooking spray.
2. Combine the seasonings in a small bowl.
3. Place jicama fries in a large bowl. Add vegetable oil and toss to combine until all the fries are well coated.
4. Sprinkle the seasoning mixture into the bowl and toss again until the fries are evenly coated with the spices.
5. Spread the jicama out onto the prepared baking sheet and bake for 15 minutes. Toss/flip the fries then return to the oven for an additional 10-12 minutes until fries are crispy and edges are golden brown. If you don't have a convection setting on your oven, you may need to extend the cooking time another 5 minutes or so and toss the fries while cooking once or twice more.
6. Enjoy hot out of the oven with your favorite sauce or no sugar added ketchup.



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