

Baked Yuca Fries

(Low Protein)



Yuca, pronounced yoo-kah, is an excellent source of vitamin C! One serving can give you up to 1/3 of your daily needs. Vitamin C is great for your immune system and heart health.

YIELD	PREP TIME	TOTAL TIME
5 SERVINGS	15 MIN	45 MIN

Simplified
PKU Protein

Serving

0g

Recipe

0g

INGREDIENTS

1 bag (24oz) Yuca, frozen, fries
3 Tbsp Olive Oil
1 tsp Kosher Salt
1 tsp Chili Powder
½ tsp Onion Powder
¼ tsp Garlic Powder
¼ tsp Cumin
To taste Black Pepper, ground
As needed Nonstick Cooking Spray

CHEF'S NOTES

Serving Size = 4 oz (about 10-12 fries)

Fresh yuca can also be used in this recipe. To prep: peel the waxy coating off the yuca, cut into 2-3" lengths then slice in quarters. Cut away the thin fibrous stem from the center (it looks like a small twig). Once the stem is removed, cut the yuca pieces into ¼" fries. You can use the prepared yuca now or freeze for later. Fresh yuca will need to boil for 7-8 minutes before baking.

Yuca can be boiled, baked, or fried! Before frying or baking, it is best to par-boil the yuca to tenderize the tuber.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 425°F. Line two half-sheet pans with parchment paper and lightly spray with non-stick cooking spray.
2. Bring a large pot of water to a boil over medium-high heat. Once the water has come to a boil, carefully place the yuca into the water and cook about 5 minutes, until the fries just begin to look translucent on the outside. Drain and let the yuca dry out slightly while making the spice mix.
3. Mix the salt, chili powder, onion powder, garlic powder, cumin, and pepper in a small bowl.
4. If frozen yuca or fries are large to start, after boiling, cut each piece to the size of a steak fry before placing into a large mixing bowl. Drizzle the yuca with olive oil and toss to combine. Sprinkle spice mix over yuca and toss until evenly coated.

5. Arrange the seasoned yuca on the parchment lined baking sheets in a single layer with no overlapping pieces.
6. Bake until browned and crisp, around 20-25 minutes. Serve hot with your favorite dipping sauce!

Nutrition Facts	
5 servings per container	
Serving size 4 oz (10-12 fries) (148g)	
Amount Per Serving	
Calories	240
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 540mg	23%
Total Carbohydrate 43g	16%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.9mg	6%
Potassium 460mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Recipe adapted from Health meets Food, "Baked Yuca Fries" (1/8/19)



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