# Baked Yuca Fries (Low Protein)

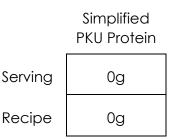
Yuca, pronounced yoo-kah, is an excellent source of vitamin C! One serving can give you up to 1/3 of your daily needs. Vitamin C is great for your immune system and heart health.

YIELD	PREP TIME	TOTAL TIME
5 SERVINGS	15 MIN	45 MIN

## 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 parboil 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.

#### Directions Continued and Nutrition Facts Found on the Reverse Side

- 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%	
<i>Trans</i> Fat 0g		
Cholesterol Omg	0%	
Sodium 540mg	23%	
Total Carbohydrate 43g	16%	
Dietary Fiber 3g	11%	
Total Sugars 0g		
Includes 0g Added Sugar	s <b>0%</b>	
<b>Protein</b> 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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