

Jicama Fries



Serves 4

Ingredients:

- 1 jicama, skin removed and sliced into "French fries"
- 1/2 teaspoon extra-virgin olive oil
- 1 teaspoon paprika
- 1/2 teaspoon onion powder
- pinch of salt
- pinch of cayenne pepper (optional)

Instructions:

1. Toss all ingredients together in a large bowl until fries are well coated.
2. Bake at 400°F for 40 to 45 minutes.

Notes:

- *Jicama may be sliced thinner, requiring less cook time.
- *These fries re-heat beautifully in the microwave. Cook until they sizzle.

Nutrition per serving: Calories 70; Total Fat 0.8 g; Saturated Fat 0.1 g; Monounsaturated Fat 0.4 g; Polyunsaturated Fat 0.2 g; Total Carbohydrates 15.1 g; Dietary Fiber 8.3 g; Sugar Alcohols 0.0 g; Sugars 3.0 g; Protein 1.3 g; Sodium 27 mg