



Makes 5 cups
Preparation Time: 15 minutes
Cook Time: 30 minutes

INGREDIENTS:

½ teaspoon baking soda

2 lbs. yuca, peeled and cut into
½-inch-thick fries (6 cups)

2 tablespoons lemon juice

1 teaspoon garlic powder

¼ teaspoon sea salt

Freshly ground black pepper, to
taste

1 tablespoon finely chopped
fresh parsley

Crispy Oven-Baked Yuca Fries

A tropical root vegetable with a deliciously starchy texture, yuca offers a fresh new twist to any dish you'd ordinarily make with potatoes. For optimum crispiness, serve these Yuca Fries right away—on their own or with **ketchup**. Look for yuca, sometimes called “cassava,” in the produce section of your local grocery store, or find it in Latin and Asian markets.

Note: Raw yuca contains toxins which are concentrated in the skin, so always peel and cook the root before eating it.

By Darshana Thacker Wendel

- 1** Preheat oven to 450°F. Line a baking sheet with parchment paper.
- 2** In a pot combine baking soda and 10 cups water; bring to boiling. Add yuca and cook, uncovered, about 10 minutes or until yuca is tender; drain.
- 3** In a large bowl whisk together lemon juice, garlic powder, salt, and pepper. Add yuca, tossing gently to coat. Spread yuca in a single layer on the prepared baking sheet. Bake 25 to 30 minutes or until fries start to brown. Sprinkle with parsley