



Makes 5 cups
Preparation Time: 35 minutes
Cook Time: 25 minutes

INGREDIENTS:

½ teaspoon baking soda

1 lb. yuca, peeled and cut into 1½-inch cubes (about 3 cups)

1 small onion, cut into 1-inch pieces

1 red bell pepper, cut into 1-inch pieces

4 oz. fresh mushrooms, cut into large pieces

1 large carrot, peeled and cut into 1-inch pieces

4 cloves garlic, minced

1 teaspoon grated fresh ginger

1 tablespoon salt-free Jamaican jerk seasoning

2 cups chopped fresh spinach

1 tablespoon lemon juice

½ teaspoon sea salt

Jerk-Seasoned Veggies with Yuca

This spicy side dish is a nice introduction to yuca, a staple food in Latin America and the Caribbean. If you have leftover yuca, enjoy its starchy goodness in [Yuca Mash with Corn and Peas](#) or [Baked Yuca Fries](#).

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** In a pot combine baking soda and 10 cups water; bring to boiling. Add yuca and cook about 10 minutes or until yuca is tender; drain.
- 2** In an extra-large skillet combine the next six ingredients (through ginger) and ½ cup water. Cook over medium about 10 minutes or until tender, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking.
- 3** Add yuca and jerk seasoning to skillet; stir to combine. Cook 6 minutes to blend flavors. Stir in spinach; cook 3 to 5 minutes more or until spinach wilts. Stir in lemon juice and salt. Serve warm.