

Jicama



Nutrition: Jicama is low in carbs, high in fiber and packed full of important vitamins.

Fun Facts: Jicama (HEE-kah-ma) is sometimes referred to as a Mexican turnip or Mexican potato. **The flavor is sweet and starchy**, think of a cross between a water chestnut and an apple **AND** it does not brown or become soggy after cutting.



Jicama Fries

To prepare jicama before cooking:

Remove the skin with a small paring knife, then cut into strips with a sharp knife.

Ingredients:

Jicama
Oil (vegetable or olive)
Salt and pepper
Dry seasoning (optional)

Directions:

1. Preheat oven to 400 degrees F.
2. Peel jicama and slice into thin, fry-shaped sticks. Arrange sticks on a baking sheet in a single layer.
3. Drizzle with oil and toss to coat. Sprinkle on salt and seasoning.
4. Bake in oven for about 30 minutes till fries crisp up and start to brown.