

Oven-Fried Yucca

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=1&cId=10&rId=166&AspxAutoDetectCookieSupport=1>

Ingredients

- 1 pound fresh yucca (cassava), cut into 3-inch sections and peeled (or 1 pound peeled frozen yucca)
- Nonstick cooking spray

Instructions

1. In a kettle, combine the yucca with enough cold water to cover it by 1 inch. Bring the water to a boil, and slowly simmer the yucca for 20 to 20 minutes, or until it is tender.
2. Preheat oven to 350 degrees Fahrenheit.
3. Transfer the yucca with a slotted spoon to a cutting board, let it cool, and cut it lengthwise into 3/4 inch-wide wedges, discarding the thin, woody core.
4. Spray a cookie sheet lightly with the cooking spray. Spread the yucca wedges in a single layer on the cookie sheet, and spray the wedges with cooking spray. Cover with foil and bake for 8 minutes. Uncover and return to oven to bake for an additional 7 minutes.

Makes 6 servings

Serving size: 1 piece (2 1/2 inches long)

Nutrition information per serving

Calories: 93	Dietary Fiber: 1 g
Total Fat: 1 g	Sodium: 3 mg
Saturated Fat: 0 g	Protein: 2 g
Cholesterol: 0 mg	Carbohydrates: 20 g

Note: Pre-cut Yucca (Cassava) is available to purchase fresh or frozen from Walmart, OR fresh from Meijer, OR Fresh International Market on Neil Street